Lake Forest Baptist Church

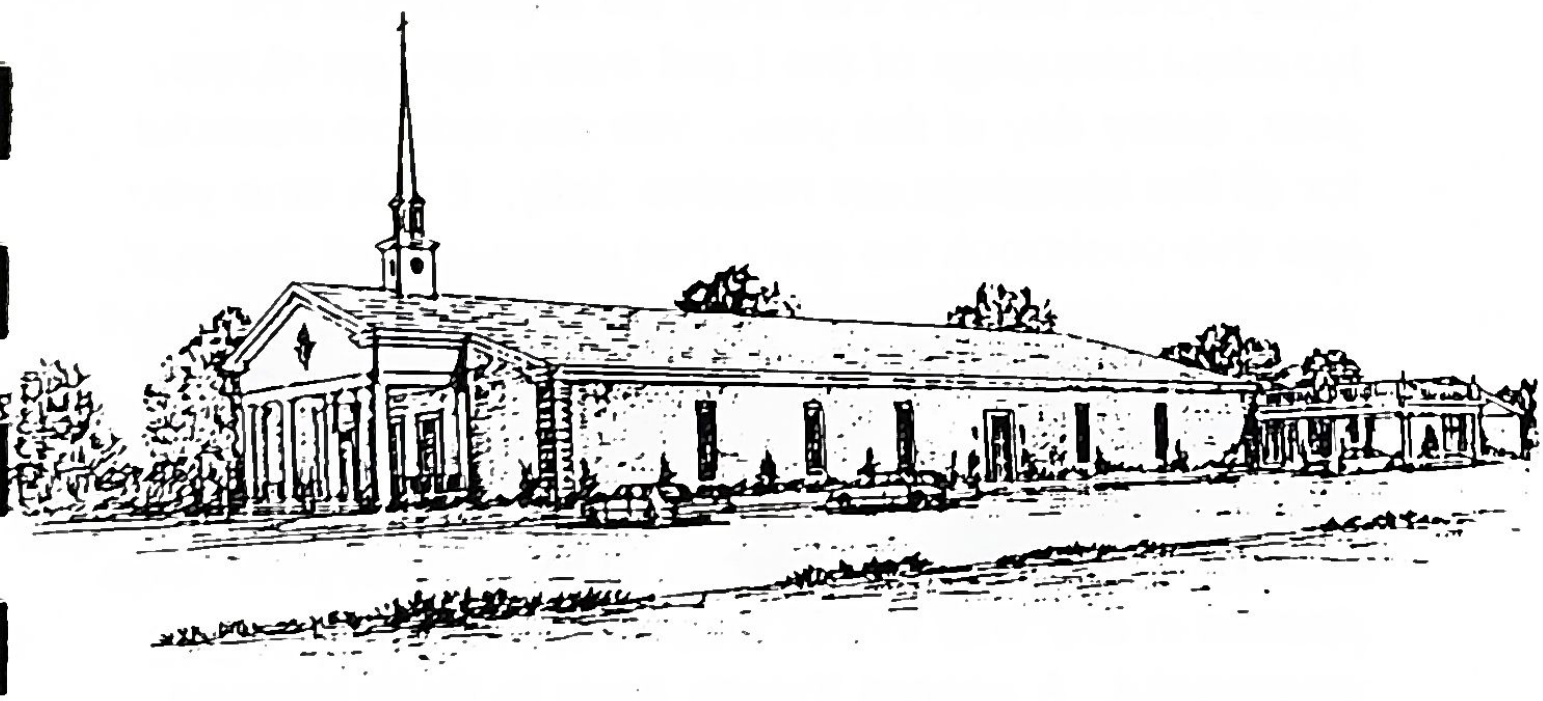
Women's Ministry

Cookbook

1995

God is Great. God is Good .... All the Time!

Lake Forest Baptist Church



A Vision of Our Future

The Women's Ministry of Lake Forest Baptist Church is honored to offer this cookbook as our contribution for the "vision of our future." All proceeds from the sale of this book will be donated to our church building fund.

One of the favorite sayings around Lake Forest is, "God is Good - All the Time." What better way to capture this expression than the beautiful cornucopia depicted on the cover of our cookbook. The cornucopia is traditionally displayed in the fall of the year and symbolizes the bountiful harvest. We at Lake Forest believe that truly we experience the bountiful blessings of the Lord every season of the year, every day of the year. We are indeed thankful for all the blessings we receive daily. Each time you use this cookbook we pray that when you sit down at your table to enjoy your meal, you will pause and give thanks for your blessings and share what you have with others.

The Women's Ministry wishes to thank everyone who shared in any way in this project to make it successful. A special thanks goes to Katie Warren who spent countless hours on the computer! Finally, our thanks would not be complete without thanking all of you who purchased our cookbook. Your dollars will enable us to expand our ministry at Lake Forest.

Debbie Sykes
Women's Ministry Director

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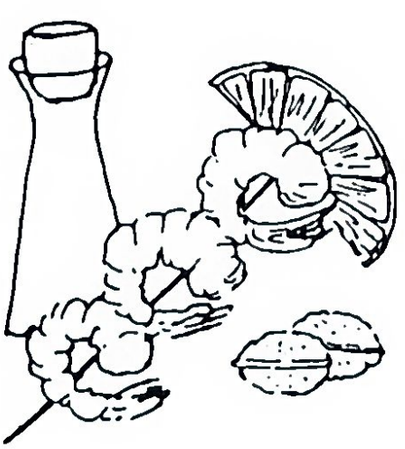
Appetizers & Beverages



FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

AUNT JEAN'S ARTICHOKE DIP

Katie Warren

2 (14oz.) cans artichokes, drained & chopped
1 cup Parmesan cheese
1 cup mayonnaise
Dash of garlic, Tabasco, Worcestershire sauce

Mix together and put into 1 quart lightly greased casserole. Bake at 350° for 20 minutes. Serve with crackers.

BROCCOLI CHEESE DIP

Susan Daniel

1 pkg. chopped frozen broccoli
1 lb. shredded Velveeta
1 small onion, chopped real fine
1 can cream of mushroom soup

Cook broccoli and drain. Sauté onion. Add soup and cheese and stir. Put broccoli in crock pot and add other mixture. Stir. Serve with Tostitos.

CRAB DIP

Susan Daniel

½ stick butter
8 oz cream cheese
½ white onion, chopped
6-8 seafood sticks

Sauté butter and onion together. Melt the cream cheese and seafood sticks and add to onion mixture. If not creamy, add a small amount of butter or milk. Serve with wheat thins.

BROCCOLI CHEESE DIP FOR VEGETABLES

1 pkg. frozen broccoli, boiled without salt
1 can cream of mushroom soup
1 roll Kraft garlic cheese

Heat together. Dip vegetables or corn chips into this and enjoy!

SHRIMP/CRAB DIP

Katie Warren

8 oz. cream cheese
1 Tbsp. grated onion
Dash of Worcestershire sauce
½ lb. shrimp or crab
2 Tbsp. mayonnaise
1 Tbsp. lemon juice
½ jar chili sauce

Cream together the cream cheese, mayonnaise, onion, lemon juice and Worcestershire sauce. Spread on a dinner size plate. Spread over the top ½ jar of chili sauce. Sprinkle about ½ pound of either shrimp or crab over the top. Garnish with parsley. Serve with crackers (Triscuits are great!).

SPINACH DIP

1 (10oz) pkg. frozen, chopped spinach
1 cup mayonnaise
1 cup sour cream
1 pkg. Knorr vegetable soup mix
1 cup water chestnuts, drained & chopped

Thaw spinach; place on paper towel and press until slightly moist. Combine spinach, mayonnaise, sour cream, and vegetable soup mix, then add water chestnuts; mix well. Cover and chill mixture several hours. Serve with assorted raw vegetables. It's also good served as a salad dressing.

FIESTA DIP

Jeannie Bell

1 can bean and bacon soup
½ cup grated cheddar cheese
2 Tbsp. taco seasoning mix
1 cup sour cream
½ tsp. minced onion

Combine all ingredients in a 1½ quart microwave dish. Microwave until cheese melts (approximately 2 minutes). Best served with corn tortilla chips.

SOUTH OF THE BORDER DIP

Pam Payne

1 to 1 ½ lbs. ground beef, fine grind, browned and drained
1 to 1 ½ lbs. sausage, fine grind, browned and drained
1 large bell pepper and 1 large onion, diced and sautéed
2 large jars medium Pace picante sauce
2 to 3 lb. Velveeta cheese

Pour picante sauce in pan and slowly melt in cheese. Sauté bell pepper and onion, and add to sauce. Brown and drain ground beef and sausage, and add to sauce. Simmer in crock pot, or over low heat for about 1 hour. If sauce is too thick, add a small can of tomato sauce.

SEVEN LAYER MEXICAN DIP

Jeannie Bell

1 (16oz) can refried beans
1 pkg. taco seasoning mix
1 (4-6oz) can sliced black olives
1 (16oz) container sour cream
⅔ cups chopped tomatoes
1 (6oz) can avocado dip, thawed*
Chives or Green onions
Grated cheddar cheese

Spread thin layer of refried beans. Mix sour cream and taco seasoning, add a thin layer. Next spread avocado dip. Add in layers, tomatoes, chives (or green onions) and black olives. Use all of each item. Spread the cheese over the top. Best served with corn tortilla chips. (*This can be found in the frozen food section.)

ONKERS

2 cups shredded Cheddar cheese
½ cup butter or margarine, melted
Stuffed olives, coctail wieners, etc.
1¼ cup flour

Work cheese and flour together until crumbly. Add butter; mix well with a fork. Mold 1 tsp. dough around each "surprise". Shape into ball. Place 2 inches apart on ungreased baking sheet. Cover and chill at least 1 hour. Bake at 400° for 15 to 20 minutes. Serve hot. Makes 3 to 4 dozen.

LAYERED MEXICAN DIP

Karen Bloodworth

1 (16oz.) can refried beans
½ pkg. taco seasoning mix
2 large avocados, mashed & mixed with salt & pepper
1 (8oz.) container sour cream
1 (4oz.) can chopped ripe olives, drained
2 tomatoes diced
1½ cups Monterey Jack cheese, grated
1 onion, chopped
1 (4oz.) can green chilies

Combine beans and taco seasoning mix; spread in 9x13 dish or large round dish. Layer the remaining ingredients as follows: avocado, sour cream, olives, tomatoes, onion, chilies, cheese. Refrigerate for a while (3-6 hours) before serving. Serve with large Fritos.

SAUSAGE BALLS

Joanne Hebert

1 lb. sausage, soft
2 cups cheddar cheese, shredded
2 cups Bisquick

Mix all ingredients thoroughly by hand. Roll into small balls on wax paper sheets or a lightly greased sheet pan. Cook at 350-375° for 20-25 minutes. Makes approximately 25-30 balls.

CHEESE BALL

Tina Moore

2 pkg. cream cheese
Accent
Bacon bits
1 pkg. of beef
Worcestershire sauce
Paprika

Mash cream cheese with your hands. Cut up beef into small squares. Mix into cheese. Add 1 Tbsp. Worcestershire sauce and sprinkle with Accent. Roll into 2 balls and then roll ball around in paprika and then Bacon bits. Refrigerate and serve with crackers.

SPINACH RICE BALLS

Francis Walker

1 cup cooked Riceland Extra Long Grain Rice
1 (10oz) pkg. frozen chopped spinach, thawed and well drained
1 cup herb-seasoned stuffing mix, crushed
½ cup grated Parmesan cheese
3 egg whites
¼ cup finely chopped onion
Salt & Pepper

Heat oven to 350°. Spray cookie sheet with non-stick cooking spray. In large bowl, combine ingredients; mix well. Shape into 1-inch balls. Place on prepared cookie sheet. Bake at 350° for 10 to 12 minutes or until set. 40 appetizers.

PARTY PIZZAS

Debbie Sykes

1 lb. sausage
1 lb. Velveeta cheese
¼ tsp. garlic powder
½ Tbsp. parsley flakes*
1 lb. ground beef
1 tsp. basil
1 tsp. oregano
Party Rye bread

Brown and drain sausage and ground beef. Melt cheese into meat mixture. Then add remaining spice ingredients. Spread onto party rye. Broil until bubbly or freeze on cookie sheets and place in freezer bags to be removed and cooked as needed. (*1½ Tbsp. Italian Seasoning can be substituted for other spices.)

PIZZA TRISCUITS

Susan Daniel

1 lb. ground chuck
8 oz. Velveeta cheese
1 Tbsp. onion or garlic
1 lb. sausage
2 Tbsp. parsley

Brown meat in small amount of oil and drain. Add other ingredients and let melt. Put on crackers (Wheat Thins or Triscuits).

PARTY HAM SANDWICHES

Karen Lantrip

1 stick oleo
1 tsp. Worcestershire sauce
½ grated onion
1 lb. deli ham
1 Tbsp. poppy seed
1 Tbsp. mustard
4 slices Swiss cheese
2 pkg. party rolls - split

Blend together the oleo, poppy seed, Worcestershire sauce, mustard and onion. Spread this oleo mixture on rolls. Add ham & cheese. Cover with top of rolls and cover with foil. Bake until hot.

HAM SWIRLS

Thinly sliced, boiled ham
1 jar cheese spread (olive or pimento)
Green olives, sliced

Spread the ham slices with the cheese and put slices of the olives on top of cheese. Start at end of ham and roll as you would a jelly roll. Place toothpicks at ½ inch intervals. Slice between toothpicks and you have any easy appetizer.

DEVILED EGGS

Betty Crocker

6 hard-cooked eggs, peeled
½ tsp. dry mustard
¼ tsp. pepper
3 Tbsp. mayonnaise
⅛ tsp. salt

Cut eggs lengthwise in half. Slip out egg yolks and mash with fork. Mix in mayonnaise, mustard, salt and pepper. Fill egg whites with egg yolk mixture, heaping it lightly. Arrange eggs on large serving plate. Cover and refrigerate up to 24 hours. Makes 12 appetizers.

SAUSAGE PINWHEELS

Susan Daniel

1 lb. sausage **2 large crescent roll cans**

Do not pull crescent sheets apart. Just lay out flat and spread sausage on top. Roll up. Put wax paper around and put in refrigerator to chill. Slice ¼" thick with sharp knife. Bake on cookie sheet at 425° for 10-12 minutes.

ARTICHOKE SQUARES

Becky Payne

1 can artichoke hearts, drained, chopped in blender
1 clove garlic, minced
¼ cup minced onion
4 eggs, beaten
¼ cup fine, dry bread crumbs
2 Tbsp. parsley, minced
⅛ tsp. each - pepper, oregano, Tabasco
2 cups cheddar cheese, shredded

Sauté onion & garlic in a little butter until limp. Add all other ingredients and pour into a greased 8x8 pan. Bake at 325° for 30 minutes or until set. Cut into squares. Serve hot or cold; can be refrigerated and reheated.

SWEET-N-SOUR HOT DOGS

Wanda Horton

5 pkgs. all beef hot-dogs **1 large jar Welches grape jelly**
1 small jar French's mustard

Liquefy jelly in large pot over low heat. Add mustard; stir well. While jelly is liquefying, cut hot-dogs into bite size pieces. Add to jelly/mustard sauce and simmer for about 1 hour.

FRUIT PUNCH

Twila Presley

5 lbs. (or 10 cups) sugar
3 pints of water
6 (3 oz boxes) lemon Jell-O
12 cups boiling water
3 cans (6 oz ea.) frozen orange juice
3 cans (6 oz. ea.) frozen lemon juice
3 qts. (or 2 ea. 46 oz. cans) pineapple juice
1 (2 or 3 oz) bottle of almond extract
4 large bottles of ginger ale
Orange slices or cherries (optional)

Heat and dissolve sugar and water. Dissolve Jell-O with boiling water. Combine the Jell-O and sugar mixture, and add orange juice, lemon juice, pineapple juice and extract. Chill overnight. When ready to serve, add ⅓ of fruit juice mixture with 1½ bottle of ginger ale. Serve with ice or ice rings with floating orange slices, cherries, etc. Serves 150 cups.

CRANBERRY-ALMOND PUNCH

Twila Presley

1 can jellied cranberry sauce
½ cup lemon juice
1 cup chilled ginger ale
2¼ cups water
¾ cup orange juice
1 tsp. Almond extract

With a fork, crush cranberry sauce. Add and beat with a hand beater until smooth the water, lemon juice, orange juice and almond extract. Chill. When ready to serve, stir in ginger ale. Garnish with lemon slices and mint. Serves 4.

CHURCH PUNCH

Twila Presley

2 cups sugar
1 (46 oz) can pineapple juice
½ bottle (1 oz) almond extract
2 cups water
2 qts. ginger ale

Boil and cool sugar and water. Add balance of ingredients. Chill. Serves 20 cups.

RED CHRISTMAS PUNCH

Karen Lantrip

4 sticks cinnamon
1 (6oz) pkg. strawberry Jell-O
1 (46 oz) can red fruit punch
1 (46 oz) can pineapple juice
1 (12 oz) can frozen orange juice
1 (12 oz) can frozen lemonade
2½ cups water
1 cup sugar

Boil cinnamon in water. Remove cinnamon and dissolve strawberry Jell-O in the boiling cinnamon water. Add sugar and stir until dissolved. Add fruit punch, pineapple juice, orange juice, lemonade and 3 lemonade cans of water. Refrigerate overnight. Serve hot or cold.

Della Robbia Ring

Karen Lantrip

1 orange
1 apple
2½ cups Sprite
Cherries
1 lime
Green grapes
½ cup lemon juice

Layer fruit in mold. Mix Sprite and lemon juice. Pour over fruit and freeze.

LIME PUNCH

Joanne Hebert

1 gallon lime sherbet
2 bottles Sprite
3 bottles Ginger Ale

Put sherbet in punch bowl - pour ginger ale and sprite over sherbet. Stir until sherbet is melted. Can be used the same for "Orange Punch".

STRAWBERRY PUNCH

Vivian Arnett

3 small pkgs. strawberry Jell-O
9 cups boiling water
2⅓ or 3 cups sugar
2 (45oz) cans pineapple juice
4 cups water
1 small can frozen lemonade
1 qt. frozen strawberries (thaw and blend to liquid)
2 qts. ginger ale

Dissolve Jell-O and boiling water. Add all other ingredient except ginger ale. Freeze and then thaw several hours before serving. Add ginger ale when served. Serves 50.

DELISLUSH PUNCH

Jeannie Bell

3 cups sugar
3 cups water
1 (46oz) can pineapple juice
6 oz frozen lemonade concentrate
1 (12oz) frozen orange juice
2 (1qt. bottles) Ginger Ale

Boil sugar and water exactly seven minutes. Cool to room temperature. Freeze the remaining ingredients until solid. Place container upside down in punch bowl and allow frozen mixture to slide out. Gradually add ginger ale while stirring. Serve while slushy. (No need for a punch ring.)

"NATIONAL HONOR SOCIETY" PUNCH

Becky Payne

2 qts. pineapple juice
1 (8oz.) bottle lemon juice
1 (1oz.) bottle almond extract
1 small pkg. red Jell-O
2 cups boiling water with 1 cup sugar + 3 cups water

Freeze this in a gallon milk jug. Thaw and add this to a 2 liter bottle of gingerale when ready to serve.

BANANA SLUSH PUNCH

Katie Warren

12 oz. can frozen orange juice
1 can pineapple juice
Bananas

Blend above ingredients in blender, pour into Tupperware bowl and freeze. When ready to make punch, scrape frozen mix into shavings and pour gingerale or other similar drink over shavings.

RUSSIAN TEA

Susan Daniel

4 cups water
3 cups water
2 cups pineapple juice
1 small can (2 cups) orange juice
4 tea bags
2 cups sugar
¼ cup lemon juice
6 cups cold water

Bring 4 cups water and tea bags to a boil. Add the 3 cups of water and the sugar. Then add pineapple juice, orange juice, lemon juice and 6 cups cold water. Simmer and serve.

SPICE TEA

Susan Daniel

1 gallon tea
6 oz. lemonade
1 cup sugar
6 oz. limeade

Combine for a great tea.

ORANGE JULIUS

Katie Warren

½ of a 12oz. can frozen orange juice
1 cup water
1 tsp. vanilla extract
1 cup milk
½ cup sugar
10-12 ice cubes

Combine all ingredients in blender. Cover and blend until smooth. Serve immediately.

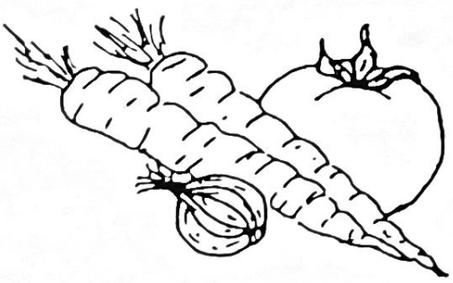
TRADITIONAL CHRISTMAS EGGNOG

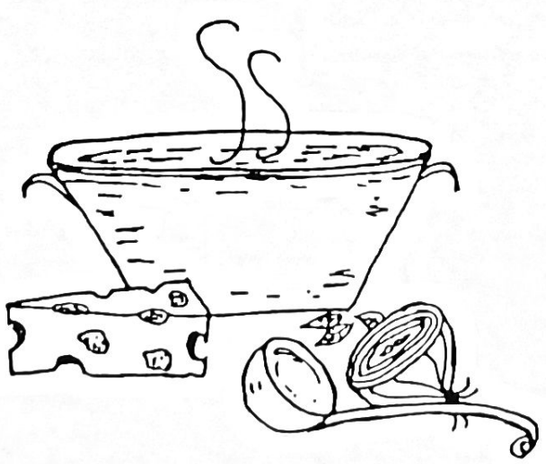
The Payne Family

2 eggs
¼ cup sugar
few grains salt
1 Tbsp. vanilla
1 tall can (13 fl. oz.) Pet evaporated milk, chilled
⅔ cup cold water

Beat eggs until light and fluffy. Gradually beat in sugar, salt and vanilla. Stir in evaporated milk and water. Serve cold sprinkled with nutmeg or cinnamon. Makes 1 quart.

Soups & Salads





FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

GOLDEN CREAM SOUP

Anita Barnes

3 cups chopped potatoes
½ cup celery slices
¼ cup chopped onion
½ tsp. salt
1 chicken bouillon cube
½ lb. Velveeta cheese spread
1 cup water
½ cup carrot slices
1 tsp. parsley flakes
Dash of pepper
1 ½ cup milk
2 Tbsp. flour

Combine potatoes, water, celery, carrots, onions, parsley flakes, seasonings and bouillon. Cover; simmer 15 to 20 minutes or until vegetables are tender. Gradually add milk to flour, stirring until well blended. Add flour mixture to hot vegetables; cook, stirring constantly until mixture boils and thickens. Add process cheese spread; stir until melted.

SWEET AND SOUR CABBAGE SOUP

Joan Barnes

2 tsp. canola or vegetable oil
1 cup chopped onions
6 cups shredded green cabbage
4 cups low-sodium beef broth
1 cup canned crushed tomatoes in tomato puree
¼ cup dark raisins
2 Tbsp. firmly packed light brown sugar
2 Tbsp. fresh lemon juice
1 tsp. salt
¼ tsp. caraway seeds
Pinch black pepper

In large non-stick saucepan, heat oil; add onions. Sauté over medium-low heat until golden, about 5 minutes, stirring frequently. Add cabbage, broth, 2 cups water, tomatoes, raisins, brown sugar, juice, salt, caraway seeds and pepper. Bring to a boil; reduce heat. Simmer, covered, 1 hour, stirring occasionally.

CABBAGE & POTATO SOUP

Dot Blair

1 quart water
1 medium onion, chopped
½ lb. cabbage, shredded
1 Tbsp. salt
3 medium potatoes
1 Tbsp. butter

In large pan, bring water, salt and onion to a boil. Add potatoes (peeled & quartered) and cook until tender. Take a potato masher and mash potatoes right in water. Add cabbage and butter. Bring to boil. Simmer 10 to 15 minutes or until cabbage is tender. Serves 4.

SPECIAL POTATO SOUP

Anita Barnes

2 stalks celery, chopped small
½ tsp. Rosemary, crushed
1 medium onion, chopped
2 Tbsp. butter
6 medium potatoes, cubed
2 carrots, sliced
5 chicken bouillon cubes
4 oz. Shredded longhorn cheese
4 cups water
¼ tsp. thyme
Dash of garlic powder
Dash of pepper
2 cups milk
¾ tsp. seasoned salt

Sauté celery and onion in 2 Tbsp. Butter. Add potatoes, carrots, bouillon cubes, thyme, rosemary, water, garlic powder, pepper and salt. Cover and simmer 40 minutes. Remove from heat and mash vegetables with a potato masher. Add milk & cheese. Cook stirring constantly until cheese melts.

SPINACH SOUP

Anita Barnes

1 (10oz) pkg. chopped spinach
1 onion, chopped
2 chicken bouillon cubes
1 stick oleo
3 Tbsp. flour
3 cups milk

Cook and drain spinach. Set aside. Sauté' onion in oleo; add flour, bouillon cubes and milk. Cook stirring constantly until thickened. Add spinach. Serve, sprinkled with Parmesan cheese and croutons.

SPLIT PEA SOUP

Becky Payne

1 (12oz.) pkg. dry green split peas
3 cups water
½ lb. cooked, cubed turkey ham
¾ tsp. onion powder
⅛ tsp. dried thyme leaves
⅓ cup chopped celery
⅛ tsp. freshly ground pepper
1 cup chopped onion
¾ cup peeled and sliced carrots
1 bay leaf
Salt to taste

Rinse split peas, soak them in cold water overnight; drain. Put peas with remaining ingredients in a large saucepan. Bring to a boil; reduce heat. Stirring occasionally, simmer about 2 hours until peas are tender and turn pasty. Makes 6 servings.

LENTIL SOUP (Genesis 25:30-34)

Gaylene Zellmer

2 cups lentils
½ lb. smoked sausage
½ cup celery, diced
3 quarts cold water
½ lb. smoked ham
1 small onion
1 slice of garlic

Wash and drain lentils. Place in a kettle with ham, garlic, onion, celery, sausage and cold water. Simmer until tender for 2 hours. Season with salt and pepper to taste.

INDIAN CORN SOUP

Vivian Arnett

2 stalks celery, chopped
⅓ cup butter
1 pint Half & Half
1 tsp. salt
1 small onion, chopped
3 Tbsp. flour
2 cans cream style corn
½ tsp. pepper

Sauté celery and onion in butter. Then mix flour with a little water to make a white sauce. Stir this in with celery and onions until soup thickens. Add Half & Half and cook until mixture thickens slightly. Add corn and bring mixture to boiling point. Season with salt and pepper. Sprinkle with some chopped parsley and serving piping hot.

ELEPHANT STEW

Sarah Truitt

1 elephant (medium size)
2 rabbits (optional)
Brown Gravy
Salt & pepper

Cut the elephant into bite size pieces. This should take about 2 months. Add enough brown gravy to cover. Cook over camp fire for about 4 weeks at 465°. This will serve about 3,800 people. If more are expected, the rabbits may be added, but do this only if necessary, as most people do not like to find hare in their stew.

HEARTY HAMBURGER TOMATO STEW

Becky Payne

1 lb. lean ground beef or turkey
1¼ cups chopped onions
2 cups peeled & sliced carrots
1 cup chopped green bell pepper
1 cup sliced fresh mushrooms
1 (16oz.) can cut green beans, drained
1 (16oz.) can corn, drained
3 stalks sliced celery
1 (46oz.) can tomato juice
2 tsp. sugar
1 tsp. celery seed
Salt & pepper to taste.

Brown ground beef or turkey in a large saucepan. Mix in remaining ingredients; bring to a boil; reduce heat. Simmer covered 30 minutes, stirring occasionally. Can be frozen.

OLD FASHIONED BEEF STEW

Becky Payne

2 tsp. vegetable oil
3 garlic cloves, minced
15 oz. boneless beef chuck, cut into 1-in. cubes & broiled until rare
2 Tbsp. all-purpose flour
2 packets instant beef broth and seasoning mix
1 cup canned Italian tomatoes (reserve liquid), seeded & diced
¾ lb. pared all-purpose potatoes, cut into ½-in. cubes
2 cups each sliced carrots and celery (1-inch pieces)
1 cup each quartered mushrooms, frozen pearl onions, and frozen cut green beans

In 4-quart non-stick saucepan, heat oil; add garlic and cook over medium-high heat, stirring frequently, until softened, 1 to 2 minutes. Add beef and stir to combine. In medium mixing bowl combine 2 cups water, the flour, and broth mix, stirring to dissolve flour; transfer to saucepan with beef mixture and stir to combine. Add tomatoes with reserved liquid; cover and cook until mixture comes to a boil. Reduce heat to low and let simmer, stirring occasionally, for 25 minutes. Add potatoes, carrots, celery, and mushrooms to beef mixture and cook, stirring occasionally, until potatoes are tender, 10 to 15 minutes. Add onions and green beans to beef mixture and stir to combine; cook until heated through, about 5 minutes. Serve immediately or transfer stew to individual resealable plastic containers and freeze. Reheat before serving.

OLD FASHION BEEF STEW

Joanne Hebert

3 lb. Stew beef
3 cans mixed vegetables
1 large can tomato sauce
1 whole onion, cut up
Salt & pepper to taste
4 slices of bacon, cut up
1 can whole tomatoes
8 Irish potatoes, cut up
3-4 Tbsp. cooking oil

Put all ingredients into a large pot or crock pot. Cook on medium heat (350-375°) for 2-3 hours. Makes plenty of stew for several helpings. Very tasty.

MOM'S AWESOME CHILI

Katie Warren

1½-2 lbs. ground beef
1 large onion, diced
½ green pepper, diced
4+ tsp. chili powder
1 can (16oz.) light kidney beans
1 can (16oz.) red beans
1 large (28oz.) can whole tomatoes*
2 cloves garlic
2 tsp. cumin
1 tsp. oregano
2-3 tsp. salt

Brown together the garlic, beef, onion and pepper; drain off grease. Then add the remaining ingredients. (*Note: Chop the whole tomatoes in the blender first). Simmer for 20-30 minutes. Taste to see if more chili powder or cumin is needed.

TURKEY CHILI

Grandmother Warren

1 lb. ground turkey
1 (15oz.) can tomato sauce
2 cups water
Dash of nutmeg
1 pkg. chili seasoning
1 (16oz.) can chili hot beans
1 medium onion, chopped
1 Tbsp. oil
Dash of cinnamon

Sauté onion in oil till clear. Add turkey and brown lightly. (Stir to prevent sticking). Add water, sauce and seasonings. Mix well. Add beans. Simmer 20 minutes. Simmer longer if you want it thicker. Add salt or more chili powder, if desired. May be frozen.

STEAK SOUP

1 stalk celery
½ can tomaotes
Frozen vegetables
4 Tbsp. beef bouillon
1 lb. hamburger
1 stick oleo
½ gallon water
Pepper
1 cup carrots
1 cup potatoes

Make white sauce using 2 of 8 cups water. Add everything except meat. Sauté meat in 2 Tbsp. oleo. Drain off grease; add to mixture. Simmer for one hour.

WILD RICE AND SHRIMP CHOWDER

Francis Walker

½ cup chopped onion
2 garlic cloves, minced
¼ cup margarine or butter
½ cup all purpose flour
4 cups chicken broth
1½ cups cubed peeled potatoes
½ cup chopped carrots
1 (17oz) can whole kernel corn, undrained
1 (12oz) can evaporated skim milk
1 lb. medium-sized uncooked shrimp, shelled, deveined*
2 Tbsp. chopped fresh parsley
1 (6oz) pkg. Riceland Seasoned Long Grain & Wild Rice, prepared according to package directions.

In Dutch oven, sauté onion and garlic in margarine until tender-crisp. Stir in flour. Cook 1 minutes, stirring constantly. Gradually stir in chicken broth. Add potatoes and carrots. Bring to a boil; reduce heat. Cover; simmer 15 to 30 minutes or until slightly thickened. Add corn. Cover; simmer an additional 15 to 20 minutes or until vegetables are tender. Stir in milk, shrimp, parsley and cooked rice. Cook until thoroughly heated and shrimp turn pink. DO NOT BOIL. 8 serving. * TIP - 1 lb. medium-sized cooked shrimp can be substituted.

GUMBO

Joan Barnes

1 Tbsp. + 1 tsp. reduced calorie tub margarine
1 cup coarsely chopped green bell pepper
½ cup chopped celery
½ cup sliced scallions
1 garlic clove, minced
2 cups canned no-salt added tomatoes with juice
2 cups low-sodium chicken broth
1 cup trimmed slices (½" slices) fresh or frozen okra, thawed
½ tsp. dried thyme leaves
1 bay leaf
⅛ to ¼ tsp. ground red pepper

3 oz. uncooked regular long-grain rice
12 medium size peeled deveined shrimp
4 oz. boneless chicken breast, cut into ½" pieces
2 oz. cooked kielbasa, cut into 8 slices

1. In large non-stick saucepan, melt margarine. Add bell pepper, celery, scallions and garlic; sauté until soft, about 5 minutes. Add tomatoes, broth, okra, thyme, bay leaf and red pepper. Bring to a boil; lower heat. Simmer, covered, 15 minutes.
2. Stir in rice and simmer, covered, 15 minutes longer. Add shrimp, chicken and kielbasa; simmer, covered, 5 minutes longer or until shrimp is opaque, chicken is not pink and rice is tender. Remove bay leaf.

SIX LAYERED SALAD

Wanda Horton

1 medium head of lettuce
1 pkg. frozen snow peas
1 large pkg. grated cheddar cheese
1 container Bacon bits
1 medium onion
Mayonnaise

Wash and drain lettuce. Cut into bit size pieces. Arrange in bowl or deep dish. Cook and drain peas. Cool, then add to lettuce - do not stir. Peel and dice onion - add to peas - do not stir. Next, spread mayonnaise or your favorite salad dressing (Miracle Whip) on top of peas. Add cheese and Bacos. Refrigerate. MMM Good!

7 LAYERED SALAD

Margaret Bloodworth

1½ qts. shredded lettuce
2 cups sliced mushrooms
1 (10 oz) frozen peas, drained
2 cups Miracle Whip salad dressing
Bacon bits (or real bacon, fried crisp and crumbled)
2 cups tomatoes
4 oz. cheddar cheese
1 cup purple onion

Layer as follows: Lettuce, tomatoes, mushrooms, peas, cheese, onions and Bacon bits. Top layer is Miracle whip spread evenly over top of layers. Refrigerate overnight before serving.

LAYERED RANCH STYLE SALAD

Vivian Arnett

Bite size lettuce
Chopped purple onion
1 can drained kidney beans
Crushed Fritos
1 (12oz) bottle creamy Italian dressing
Shredded cheddar cheese

Arrange the above ingredients in a large dish in the following order: lettuce, onion, beans, dressing, cheese and Fritos. Chill & serve.

ENGLISH PEA SALAD

Jeannie Bell

Lettuce (torn as in a tossed salad)
1 can Leseur English peas, drained
Chopped celery
Chopped onion

Layer above ingredients in a shallow casserole dish. Spread mayonnaise over top. Sprinkle on Parmesan cheese. Cover and refrigerate. Best if made several hours before serving. (For extra color, substitute red onion.)

CRUNCHY PEA SALAD

Margaret Bloodworth

1 (10 oz) pkg. frozen baby peas, thawed
1 cup diced celery
1 cup chopped cauliflower
¼ cup green onion, diced
1 cup cashews, chopped
½ cup sour cream
1 cup Hidden Valley Ranch original salad dressing (Prepared)
Optional garnish - cooked crisp bacon, crumbled

Combine all ingredients - chill. Garnish before serving.

MISS MONROE COUNTY RICE SALAD

Francis Walker

3 cups cooked rice
3 stalks of chopped celery
Salt and pepper to taste
1 cup chopped sweet pickles
½ cup chopped bell peppers
1 cup chopped onions
1 (2oz) jar of pimentos
6 boiled eggs, chopped
1¼ cup Miracle Whip

Rinse cooked rice with cold water and drain. Add all other ingredients with rice. Chill before serving.

MARINATED CUCUMBER SALAD

Vivian Arnett

2 medium cucumbers, thinly sliced
1 medium onion, cut in rings
½ cup sliced celery
2 cups thinly sliced carrots
¼ cup vegetable oil
¾ cup sugar
1 tsp. salt
1 cup vinegar
1 tsp. celery seed
¼ tsp. pepper

Combine cucumbers, onions, carrots & celery in large shallow pan and set aside. Combine salt, vinegar, sugar, celery seed, pepper and oil and mix well. Pour over vegetables, tossing lightly. Cover and chill 8-10 hours.

CHICKEN SALAD

Susan Daniel

3 cups cooked chicken breast, cup up
1 cup chopped celery
1 cup white, seedless grapes, chopped
1 cup chopped pecans
1 cup mayonnaise
½ tsp. salt
Pepper

Combine above ingredients and refrigerate. Serve on a lettuce leaf.

SUMMER PICNIC SALAD

Francis Walker

2 cups cooked rice, cooled to room temperature
1 can (17 oz) whole kernel corn, drained
½ cup diced poblano pepper
½ cup chopped stuffed green olives
⅓ cup chopped green pepper
⅓ cup chopped red pepper
⅓ cup sliced green onions
1 tsp. crushed red pepper flakes
3 Tbsp. lime juice
3 Tbsp. olive oil
1 tsp. crushed garlic
8 oz. queso fresco*
Lettuce leaves
2 small tomatoes, cut into wedges

Combine rice, corn, poblano pepper, olives, green pepper, red pepper, green onions, and red pepper flakes; set aside. Mix lime juice, oil, and garlic; add to rice mixture. Just before serving add crumbled cheese and toss lightly. Serve on lettuce leaves; garnish with tomato wedges. Makes 8 servings. * Substitute a very mild feta cheese for queso fresco, if desired.

CHICKEN & WILD RICE SALAD

Elizabeth Rickman

⅔ cup mayonnaise
⅓ cup milk
¼ tsp. tarragon leaves (optional)
2 Tbsp. lemon juice
½ tsp. salt
¼ tsp. pepper
3 cups cubed chicken*
1 (6oz) pkg. Uncle Ben's Long Grain and Wild Rice
⅓ cup finely sliced green onion
8 oz. sliced water chestnuts
4 oz. pkg. salted cashews
1 cup (½ lb.) halved seedless grapes

Blend mayonnaise, milk, lemon juice, salt, pepper and tarragon. Set aside; cook wild rice as directed on box & add seasonings. Combine rice, chicken, green onions & drained water chestnuts. Stir in mayonnaise mixture. Refrigerate 2 to 3 hours. Add

grapes & cashews just before serving. This can be frozen. *(24 oz. canned white chicken chunks - may be used.)

CORNBREAD SALAD

Sarah Truitt

1 large pan cornbread, crumbled in large pieces
1 lb. bacon, cooked and crumbled
1 can pinto beans (or chili beans, or red beans)
1 cup green onions (or red onion), chopped
1 cup tomatoes, chopped
2 cups mayonnaise
1 cup dill pickle juice

Layer ingredients in this order: cornbread, beans, onions, bacon, tomatoes; pour dressing over all; toss lightly. Serve at room temperature or can be chilled. Blend the mayonnaise and the pickle juice together for a dressing.

CORNBREAD SALAD

Karen Lantrip

12 oz. cornbread mix
1 cup whole kernel corn, drained
1 pint buttermilk salad dressing
1 small green pepper, chopped
3 hard cooked eggs, chopped
1 small onion, chopped
1 cup cubed ham
1 ripe tomato, chopped
¼ tsp. salt

Bake cornbread according to package directions. Cool and break into pieces in large salad bowl. Add remaining ingredients, toss and chill 2 hours or longer before serving.

BROCCOLI SALAD

Karen Lantrip

2 bunches broccoli
½ cup chopped nuts
1 cup salad dressing
2 Tbsp. cider vinegar
1 cup raisins
1 lb. bacon fried & crumbled
⅓ cup sugar

Toss broccoli flowerettes, raisins, nuts and bacon together. Make a dressing with salad dressing, sugar and vinegar - pour over broccoli mixture. Mix together and refrigerate.

FRITO SALAD

Jonathan Bell

1 lb. ground beef
1 large can tomato sauce
½ head lettuce, chopped
1 small can refried beans
2 cups shredded cheddar cheese
1 jar salsa
Frito Corn Chips

Brown and drain ground beef. Add tomato sauce and refried beans. Heat thoroughly. Place small amount of corn chips in individual bowls. Top with ground beef mixture, cheese, lettuce and salsa. Serves 4 to 6.

HAM AND BLACK BEAN SALAD

Francis Walker

3 cups cooked rice, cooled to room temperature
2 cups canned black beans, rinsed and drained
1 medium red onion, chopped
1 cup cubed jicama (cut into ⅛-inch cubes)
½ cup sliced black olives
½ cup red pepper
½ cup diced green pepper
¼ cup olive oil, divided
¾ cup (4oz) cubed cooked ham
3 Tbsp. red wine vinegar
1 clove garlic, minced
½ tsp. ground cumin
½ tsp. chili powder
½ tsp. ground black pepper
½ tsp. salt

Combine rice, beans, onion, jicama, olives, and peppers in large bowl; set aside. Heat 1 Tbsp. oil in large skillet over medium heat. Add ham; cook 2 to 3 minutes stirring constantly. Add to rice mixture. Combine remaining oil, vinegar, garlic, cumin, chili powder, salt and pepper in small jar with lid. Shake to blend. Drizzle dressing over salad. Makes 6 servings.

WAX BEAN OR GREEN BEEN SALAD

Gaylene Zellmer

1 lb. green beans (or 1 can wax beans)

Green onions, chopped
Chopped parsley
Italian salad dressing (Good Seasonings)

Cook frozen green beans (preferably French style beans) until tender. Do not overcook! If wax beans are used, add green onions and parsley. Use salad dressing to taste. If green beans are used, chop white or yellow onions into them. After adding salad dressing, let bean salad stand for about 30 minutes before serving.

SPAGHETTI SALAD SUPREME

Debbie Sykes

1 lb. thin spaghetti (Vermicelli)
½ bottle McCormick's Salad Seasoning Supreme
6 green onions, sliced thin
¼ cup Parmesan cheese, grated
1 (8 oz) bottle Lite Italian dressing
1 small green or red bell pepper

Cook spaghetti al dente, rinse and drain. Chop bell pepper and add to all other ingredients in a large bowl. Mix well and chill for several hours or overnight. Sprinkle with extra Parmesan prior to serving.

WALDORF RICE SALAD

Francis Walker

2 cups cold cooked Riceland Natural Brown Rice
1 cup (1 medium) cubed apple
½ cup halved red grapes
⅓ cup chopped celery
⅓ cup lemon yogurt
⅓ cup reduced-calorie mayonnaise
¼ cup chopped pecans

In medium bowl, combine rice, apple, grapes and celery. In small bowl, combine yogurt and mayonnaise; blend well. Pour yogurt mixture over rice mixture; toss gently. Sprinkle with pecans. 4 servings.

ITALIAN RICE SALAD

Francis Walker

3 cups cold cooked Riceland Extra Long Grain Rice
1 (6oz) jar marinated artichoke heats, drained and cut into bite-size pieces
⅓ cup drained pitted rip olives, quartered
1 red bell pepper, cut into julienne strips
½ cup sliced celery
½ cup sliced green onions
½ cup chopped fresh parsley
½ cup frozen green peas
¼ cup prepared Italian dressing
¼ tsp. garlic powder

In large bowl, combine all ingredients; toss gently. Cover; refrigerate several hours or overnight, stirring occasionally. 6 servings.

SPICY RICE AND CHICKEN SALAD

Francis Walker

Dressing:
⅓ cup lime juice
⅓ cup vegetable oil
¼ cup chopped green onions
1 Tbsp. chopped fresh cilantro
2 garlic cloves, minced
½ tsp. cumin
¼ to ½ tsp. cayenne pepper
¼ tsp. salt

Salad:
1 lb. skinless boneless chicken breasts
3 cups cooked Riceland Extra Long Grain Rice
1 (8oz) can whole kernel corn, drained
1 (2¼ oz) can sliced ripped olives, drained
1 cup quartered cherry tomatoes
4 cups torn salad greens or shredded lettuce

In small bowl, combine all dressing ingredients; mix well. In medium bowl, combine half of dressing and chicken, turning to coat. Cover; refrigerate 2 to 3 hours, turning occasionally. Refrigerate remaining dressing.

In medium bowl, combine rice, corn, olives and tomatoes; pour remaining dressing over rice mixture. Toss to coat. Remove chicken from dressing-marinade. Broil 4 to 6 inches from heat for 13 to 18 minutes or until chicken is tender and juices run clear. To serve, cut chicken into strips. Place 1 cup greens on each of 4 plates. Top with rice mixture and chicken. 4 servings.

TANGY POTATO SALAD

Anita Barnes

1½ tsp. horseradish
¼ tsp. prepared mustard
½ cup plain skim milk yogurt
4 cups diced, cooked potatoes
½ cup chopped celery
¼ cup chopped green pepper
¼ cup chopped onion
2 Tbsp. chopped pimiento
¼ tsp. salt
¼ tsp. celery seed

In a small bowl, combine horseradish, salt, mustard and celery seed. Fold in yogurt. In a medium bowl, combine potatoes, celery, green pepper, onion and pimiento. Add dressing to salad and toss only until blended. Cover and chill.

FRUIT SALAD

Susan Daniel

Grapes
Strawberries
Pineapple
Watermelon
Cantaloupe
Honeydew Melons

Pour a poppy seed dressing over cut up fruit. Choose additional fruit if desired.

FRUIT SALAD

Janice Bell

1 can mandarin oranges
1 can non sweet pineapple chunks
1 package instant pudding (vanilla, banana cream or lemon)
1 banana
Coconut and cherries (optional)

Drain oranges and pineapple. Mix together with pudding. Beat until thick. Pour over fruit.

FRUIT SALAD

Debbie Sykes

4 bananas, sliced
2 (15oz.) cans pineapple, drained (save juice)
2 cans Mandarin oranges, drained
2 small packages instant vanilla pudding
2 Tbsp. Tang
Pineapple juice that was drained

Place fruit in glass pan or bowl. Mix the pudding, Tang, and pineapple juice together and pour over fruit:

CHERRY SALAD

Linda Buford

1 (12 oz) pkg. Cool Whip
1 can Eagle Brand Milk
1 small can crushed pineapple, drained
2 cups miniature marshmallows
1 can cherry pie filling
½ cup chopped nuts

Mix all of the above ingredients in large bowl and refrigerate until chilled.

CHERRY FROZEN SALAD

Joanne Hebert

1 can Eagle brand milk
1 (20 oz) can crushed pineapple
1 can cherry pie filling
1 cup chopped nuts, optional
1 cup chopped nuts
2 cups self-rising flour
1 large Cool Whip
2 sticks oleo
1 cup chopped nuts

Mix milk, pie filling, nuts, pineapple, and Cool Whip together and pour over crust. To make the crust, mix the flour, oleo and nuts until crumbly; press into pan and bake for 20 minutes or until lightly brown. Do not overbake.

LIME JELLO SALAD

Janice Bell

1 box lime Jell-O
2 cups boiling water
1 can condensed milk
1 small can crushed pineapple
1 box lemon Jell-O
16 oz. cream cheese
1 Tbsp. mayonnaise

Dissolve Jell-O in water. Add cream cheese, milk and mayonnaise. Mix with electric mixer at slow speed for 3 minutes. Add remaining items and let gel for 2 hours.

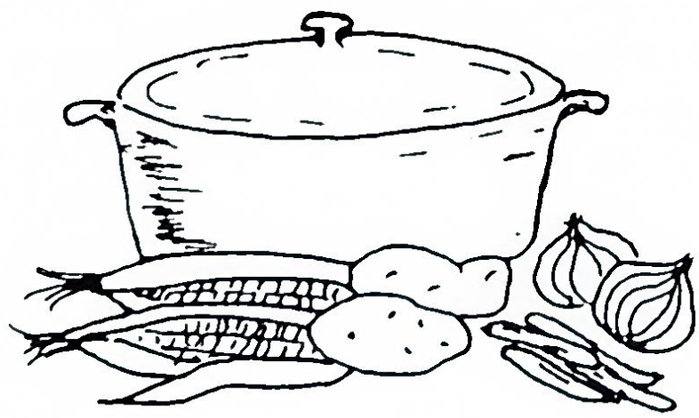
BLUEBERRY CONGEALED SALAD

Karen Lantrip

1 (6oz.) pkg. raspberry Jell-O
1 can blueberries, drained
1 medium can crushed pineapple
½ to 1 cup chopped pecans
3½ cup liquid - including pineapple juice (bring to boil)

Stir until dissolved, fold in fruits and nuts. Place in refrigerator until chilled.
Topping: use equal amounts of sour cream and cool whip and ¼ cup sugar blended together. Place on top of chilled fruit mixture.

Vegetables



FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

BROCCOLI CASSEROLE

Karen Lantrip

3 stalks fresh broccoli, cooked & chopped*
1 can cream of mushroom soup
1 egg, slightly beaten
1 cup cheddar cheese, grated
¼ cup mayonnaise
4 oz. stuffing mix
1 stick margarine
½ onion (chopped)

Mix together the broccoli, soup, egg, cheese and mayonnaise and place in casserole dish. Marinate the onions in the margarine. Blend in the stuffing mix. Top casserole with mixture. Bake on 350° for 30 minutes. * or 10-oz. frozen broccoli.

BROCCOLI CASSEROLE

Grandmother Warren

1 pkg. chopped broccoli
2 beaten eggs
1 Tbsp. chopped onion
1 cup sharp grated cheese
1 can cream of mushroom soup
1 cup mayonnaise
A little black pepper

Cook the broccoli following the directions on the package, then drain the liquid off broccoli. Mix all of the above ingredients together with the broccoli and pour into a baking dish. Cover with (cheese) cracker crumbs and bits of butter. Bake at 350° for 45 minutes. (Or, you can prepare all except the crumb topping, the freeze to use later. Thaw, add cracker topping, and bake.)

BROCCOLI AND WALNUT SAUTÉ

Katie Warren

1 tsp. peanut or vegetable oil
1 cup sliced onions
1 oz. walnut halves

1 small garlic clove, thinly sliced
½ cup water
1 Tbsp. reduced-sodium soy sauce
2 tsp. cornstarch
1 packet instant chicken broth & seasoning mix
4 cups broccoli florets, blanched

In 9-inch non-stick skillet, heat oil; add onions, walnuts, and garlic and sauté over high heat until onions are tender-crisp, about 1 minute. In 1-cup liquid measure combine water, soy sauce, cornstarch, and broth mix and stir to dissolve cornstarch; add to walnut mixture in skillet and cook, stirring constantly, until mixture comes to a boil. Reduce heat to low; add broccoli, stir to combine, and cook until thoroughly heated, 1 to 2 minutes.

MEXICAN CASSEROLE

Karen Lantrip

1 large onion, chopped
1 large green pepper, chopped
1 lb. ground beef
1 large can white hominy, drained
1 large can chili with beans
1 can cream of mushroom soup
2 cups cheddar cheese, grated
1 medium sized package of corn chips
Salt and pepper to taste

Brown beef with onion and peppers. Drain excess fat. Add all ingredients except cheese and chips. Mix well. Pour into greased pan. Cover with cheese and chips. Bake on 350° for 30 minutes.

SPINACH CASSEROLE

Anita Barnes

2 pkgs. frozen chopped spinach
1 (8 oz) pkg. cream cheese
½ tsp. garlic salt
½ tsp. seasoned salt

Cook spinach and drain well. Mix softened cream cheese, salts and spinach. Bake until heated thoroughly.

SPINACH CASSEROLE

Gaylene Zellmer

½ lb. mushrooms
1 cup shredded cheddar cheese
1 cup mayonnaise
1 can cream of mushroom soup
2 boxes frozen chopped spinach
1 onion, chopped
2 eggs
Pepperidge Farm Seasoned bread crumbs

Cook spinach. Drain excess moisture. Sauté mushrooms and onion in butter. Beat eggs in small bowl. Mix spinach, mayonnaise, eggs, soup, cheese, mushrooms and onions together. Pour in a greased 9x13 or large casserole dish. Put seasoned bread crumbs on top. Bake 350° for 1 hour.

SHOEPEG CASSEROLE

Gaylene Zellmer

2 cans (10 oz) shoepeg corn
1 can French cut green beans
1 can cream celery soup
1 cup shredded cheddar cheese
½ cup melted butter
½ tsp. pepper
8 oz. sour cream
1 sautéed onion
1 tube Ritz crackers
½ cup almonds

Combine corn, green beans and pepper in casserole dish, drain well. Mix soup, sour cream, onion and cheese. Pour over vegetables. On top, place crumbled crackers and almonds. Pour butter over and bake 300° for 45 minutes.

SHOE PEG CORN CASSEROLE

Sarah Truitt

1 can green beans, drained
1 can shoe peg corn, drained
¼ cup bell pepper, chopped
½ cup celery, chopped
½ cup onion, chopped
1 can celery soup

1 cup cheddar cheese, grated
1 (8 oz) carton sour cream

Mix above ingredients. Sprinkle with one tube crushed Ritz crackers and dot with butter (or margarine). Bake at 350° for 40 minutes.

CARROT SOUFFLÉ

Gaylene Zellmer
(great addition to Thanksgiving menu)

2 pounds carrots
2 eggs beaten
1 tsp. baking powder
1 tsp. cinnamon
½ cup butter
3 Tbsp. flour
1 cup sugar

Steam carrots. Puree. Put in mixing bowl. Mix butter and other ingredients with carrots. Blend together with electric mixer. Pour into greased casserole dish. Bake at 400° for 15 minutes. Reduce heat to 350° and cook for 45 more minutes.

SWEET POTATO CASSEROLE

Robin McCool

3 cups mashed sweet potatoes
2 eggs
⅓ cup milk
1 cup sugar
1 tsp. vanilla
½ cup margarine

Topping:

1 cup firmly packed brown sugar
⅓ cup margarine
⅓ cup flour
1 cup nuts

Combine top ingredients together and mix with the mixer. Mix until it is not lumpy. Spoon into a casserole dish. Combine the brown sugar, flour, margarine and nuts together. Then crumble top mixture on top of casserole . Bake at 350° for 30 minutes.

SWEET POTATO CASSEROLE

Joanne Hebert

Miniature marshmallows
1 qt. mashed sweet potatoes
1 stick oleo, melted
1 cup pecans, chopped
Flaked coconut
½ cup sugar
1 cup brown sugar

Cover bottom of buttered casserole dish with miniature marshmallows and angel flake coconuts. Add sugar to mashed potatoes. Spread over coconuts. Over this, pour melted oleo, brown sugar, and chopped pecans. Bake at 350° until cooked through, approximately 20-30 minutes.

SQUASH CASSEROLE

Mary Jane Gray

2 cups cooked squash
2 eggs
½ tsp. pepper
1 cup cheese, grated
2 cup cracker crumbs
¾ cup butter
1 tsp. salt
1 cup onion, chopped
1 cup evaporated milk

Mash cooked squash. Add other ingredients and mix well. Pour into greased dish and bake at 375° for about 40 minutes.

ENGLISH PEA CASSEROLE

Dot Gray

1 can English peas
2 eggs, boiled & chopped
1 can cream of chicken soup
1 small can (or jar) pimento, chopped
1 cup grated cheese
¼ stick butter
Cracker crumbs

Cook peas and butter until done. Add other ingredients. Mix well and cover with cracker crumbs. Bake at 350° until bubbly.

ONION ROASTED POTATOES

Linda Buford

1 envelope Lipton onion soup mix
2 lbs. potatoes, cut into large chunks
⅓ cup vegetable oil

Preheat oven to 450°. In a large plastic bag or bowl, add all ingredients. Close bag and shake, or toss in bowl, until potatoes are evenly coated. Empty potatoes into shallow baking pan. Bake 40 minutes or until potatoes are tender and golden brown. Garnish, if desired, with chopped parsley. Makes 8 servings.

POTATO CASSEROLE

Anita Barnes

2 lbs. frozen hash browns
1 stick melted margarine
¼ tsp. black pepper
1 tsp. salt
½ cup chopped onion
1 (8 oz) carton sour cream
1 can cream of chicken soup
2 cups grated cheese

Defrost potatoes. Mix all ingredients and place in greased 9x13" casserole. Cover with crushed corn flakes. Bake 45 minutes at 350°.

ROTEL POTATOES

Anita Barnes

7 to 8 medium potatoes, boiled or baked
1 large bell pepper, chopped
1 onion, chopped
1 pkg. fresh mushrooms, sliced
½ stick oleo
1 can Rotel tomatoes, mashed
1 lb. Velveeta cheese, cut up

Cook potatoes; leave skins on, slice and lay in casserole. Sauté bell pepper, onion, mushroom in oleo. Add Rotel tomatoes and cheese. After cheese melt, pour over potatoes. Heat in 350° oven until bubbly.

TWICE-BAKED POTATOES

Joan Barnes

4 (5oz.) Russet potatoes
3 cups chopped broccoli florets
4 oz shredded cheddar cheese
¼ cup light sour cream
¼ cup skim milk
1 Tbsp. + 1 tsp. olive oil
1 tsp. prepared mustard
¾ tsp. salt
⅛ tsp. ground red pepper

1. Preheat oven to 425°. With fork, pierce potatoes several times. Bake 1 hour or until cooked through. Reduce temperature to 375°.
2. In large pot of boiling salted water, cook broccoli 3 minutes; drain. Rinse under cold running water; drain again.
3. Cut potatoes in half horizontally, Scoop out potato flesh, leaving ½" shell intact. In medium bowl, stir together cooked potatoes, cheddar cheese, sour cream, milk, oil, mustard, salt and red pepper; fold in broccoli. Spoon mixture evenly into potato shells; place on baking sheet and bake 10 minutes or until hot and bubbly.

TWICE-BAKED POTATOES

Katie Warren

4 baking potatoes
4 Tbsp. butter or margarine
Dash pepper
¾ cup shredded Cheddar or Monterey Jack cheese
2 eggs
Dash salt

Rinse and scrub potatoes. Pat dry. Prick a few times with a fork and bake at 375° for about 1 hour or until heated soft. Cut a thin slice off the top of each potato. Carefully scoop out the pulp. Put in a bowl. Separate eggs. Add egg yolks to potato pulp. Stir and blend until smooth. Add butter and cream. Season to taste with salt and pepper. Beat egg whites until stiff peaks form. Fold into potato mixture. Fill potato shells with mixture. Sprinkle with cheese. Bake in oven at 375° for about 15 minutes or until heated through.

POTATO PANCAKES

Joan Barnes

15 oz pared Idaho potatoes
3 Tbsp. all-purpose flour
2 Tbsp. minced scallion
1 Tbsp. + 1 tsp. corn or vegetable oil
2 egg whites
¾ tsp. salt

1. Shred potatoes; soak in cold water for 30 minutes. Drain and blot dry.
2. Preheat oven to 375°.
3. In medium bow, combine potatoes, egg whites, flour, scallion and salt; mix well. Form into 12 pancakes.
4. In large non-stick skillet, heat one-third of the oil over medium heat. Cook 4 pancakes at a time, just until golden on each side, about 2 minutes; transfer to baking sheet. Continue with remaining oil and pancakes. Bake 5-7 minutes, until crisp and cooked through. Makes 12 pancakes.

GOLDEN POTATOES

Katie Warren

2 cans whole potatoes
½ tsp. seasoned salt
1 Tbsp. fresh parsley
½ stick butter, melted
2-3 Tbsp. Parmesan cheese

Put potatoes in a pan. Sprinkle potatoes with the melted butter, salt, parsley, and Parmsean cheese and bake in a 350° oven for 25 minutes.

AU GRATIN POTATOES

Debbie Sykes

2 Tbsp. butter
1 tsp. salt
1 cup cheese, grated
2 Tbsp. flour
1 cup milk
2 cups cold, boiled potatoes

Melt butter, add flour and salt. Stir until well blended. Add milk gradually, stirring constantly. When thickened add grated cheese. Remove from heat. Place potatoes in greased baking dish. Cover with sauce. Bake 30-40 minutes at 400°. Makes 4 servings.

BROCCOLI CHEESE SCALLOPED POTATOES

Francis Walker

2 Tbsp. margarine or butter
1 small onion, sliced
1 can (10¾ oz) Campbell's condensed Broccoli cheese soup
⅓ cup milk
4 medium potatoes, sliced

In 10-inch skillet over medium heat, in hot margarine cook onion until tender. Add remaining ingredients except parsley. Heat to boiling. Reduce heat to low. Cover; simmer five minutes or until hot. Garnish with parsley. Makes 3½ cups or 4 servings. (Hint: can substitute 2 cans (16 oz) slice white potatoes, rinsed and drained)

HASH BROWN CASSEROLE

Glynda Warren

½ cup melted butter
¼ tsp. pepper
1 pint sour cream
1 can mushroom soup
1 tsp. salt
½ cup onion
1 pkg. frozen hash browns

Mix together. Bake at 350° for 40-45 minutes. Top with frosted flakes topped with melted butter

STUFFED GREEN PEPPERS

Anita Barnes

6 large green peppers
½ cup dry bread crumbs
2 tsp. Worcestershire sauce
2 Tbsp. instant minced onions
1 (10½ oz) can condensed tomato soup
3 slices sharp cheddar cheese
½ tsp. salt
¼ tsp. oregano
½ lb. ground beef
¼ tsp. pepper

Cut top off peppers; remove seeds and membrane. Cook for 5 minutes in boiling salted water and drain. Sprinkle inside peppers with salt. Mix ground beef with bread crumbs, onions, salt, pepper and oregano. Add tomato soup, reserving ½ cup. Blend thoroughly. Spoon stuffing lightly into peppers. Stand

peppers upright in 10"x6"x2" baking dish. To the remaining soup add Worcestershire sauce and ½ cup water; blend; pour over peppers. Cover and bake in moderate oven 350°, 45-50 minutes. Cut cheese slices in half diagonally and place a triangle on each pepper. Return to oven until cheese melts.

VEGETABLE CASSEROLE

Anita Barnes

1 can mixed vegetables, drained
1 can English peas, drained
3 Tbsp. mayonnaise
½ onion, chopped
1 cup cheese (cheddar or Velveeta)
1 stick butter
1 cup crushed Ritz crackers

Mix vegetables, peas, mayonnaise, onion and cheese together in a casserole dish. Melt butter and add crushed crackers. Spread this on top of casserole. Bake 30 minutes at 350°.

VEG-ALL CASSEROLE

Katie Warren

2 cans Veg-All
8 oz. Cheez-Whiz
1 onion sliced and sautéed
1 stick melted margarine
1 can water chestnuts, sliced
¾ cup mayonnaise
Ritz crackers

Mix all ingredients together, but crackers and butter. Top with crackers and melted butter. Bake at 350° for 30 minutes.

COLCANNON

6 medium potatoes
1 onion, chopped finely
2 cups cabbage, chopped
1 Tbsp. butter
Salt and pepper

Cook and mah potatoes. Cook onion in butter; do not brown. Boil chopped cabbage. Combine potatoes, onion, cabbage, salt and pepper to taste. Bake at 350° for 30 minutes. Serve 4 to 6.

ZUCCHINI AND MUSHROOMS

Anita Barnes

¼ cup butter or margarine
14 oz. can drained, sliced mushrooms
1 lb. zucchini cut in ¼" diagonal slices
1 Tbsp. cornstarch
½ cup chicken broth or 1 chicken bouillon in ½ cup water
1 Tbsp. soy sauce
½ tsp. salt

Melt butter. Add mushrooms (over low flame). Stir for 1 minute. Add zucchini and stir for 2 minutes. Add cornstarch to a little chicken broth; add remaining broth to zucchini. Add salt and soy sauce. Cover; bring to boil. Add the cornstarch/broth mixture; mix and simmer for 2-3 minutes until thick but zucchini is still crisp. Sautéed green peppers may be added to the mushrooms.

RED BEANS AND RICE

Joan Barnes

1 Tbsp. + 1 tsp. olive oil
1 cup finely chopped onions
2 tsp. finely chopped garlic
1 lb. rinsed drained cooked kidney beans
2 oz diced lean smoked ham or turkey
1 cup low-sodium chicken broth
1 cup chopped canned plum tomatoes with juice
½ cup thinly sliced scallions
1 tsp. chopped fresh thyme or ½ tsp. dried leaves
1 large or 2 small bay leaves
¼ tsp. hot pepper sauce
Salt and freshly ground pepper to taste
4 cups cooked regular long-grain rice

1. In medium saucepan, heat oil over medium heat; add onion and garlic. Sauté stirring, until onions are wilted, 6-7 minutes.
2. Add beans, ham, broth, tomatoes, scallions, thyme, bay leaves and hot pepper sauce; mix well. Over high heat, bring to a boil. Reduce heat; simmer 40 minutes, stirring occasionally, until beans are creamy. Season with salt and pepper. Remove bay leaf. Serve over rice.

BAKED BEANS AND RICE

Francis Walker

6 slices bacon
¾ cup catsup
1 tsp. prepared mustard
¼ tsp. pepper
2 cans (15 oz each) pinto beans
1 cup chopped onions
¼ cup brown sugar
1 tsp. salt
3 cups cooked rice

Cook bacon until about half done; remove from skillet. Drain off all but 2 Tbsp. bacon drippings; sauté onions until soft, but not brown. Add remaining ingredients and mix well. Turn into 2-quart casserole. Arrange bacon strips on top. Bake uncovered, at 350° for 30-35 minutes.

MICROWAVE BAKED BEANS

Katie Warren

3 strips of bacon
2 Tbsp. green pepper, chopped
2 cans (16oz.) Pork & Beans
¼ cup ketchup
5 drops Tabasco (optional)
3-4 drops liquid smoke (optional)
¼ cup onion, chopped
¼ cup celery, chopped
1¼ Tbsp. mustard
4 Tbsp. brown sugar
¼ cup water

1. In 2 quart dish, put bacon. Micro on High about 3 minutes or until bacon is crisp. Remove bacon. Crumble and set aside.
2. In same dish, add onion and celery to bacon drippings. Micro on High 3 minutes, uncovered.
3. Add crumbled bacon, green peppers, beans, mustard, ketchup, brown sugar, Tabasco, liquid smoke and water. Micro on High 5 minutes, then on 70% power for 15 minutes uncovered until thick. Let stand 5 minutes, covered.

WESTERN BEANS AND RICE

Francis Walker

1 Tbsp. vegetable oil
1 cup sliced celery
1 (8oz) can tomato sauce
¼ to ½ tsp. hot pepper sauce
3 cups drained cooked or canned pinto beans
3 cups hot cooked brown rice
1 cup chopped onions
½ tsp. salt
½ cup water

In large skillet, cook onions and celery in oil until tender. Stir in tomato sauce, water, seasonings, and beans. Heat thoroughly. Serve over hot rice. Makes 6 servings.

CORN CASSEROLE

Susan Daniel

1 stick butter, melted
1 can cream corn
8 oz. Sour cream
1 can whole corn
1 box Jiffy cornbread mix

Mix together and put in a square casserole dish. Cook at 350° for 45 minutes. Check for brown on top. (Optional - put Durkee onions on top).

CORN CASSEROLE

Jeannie Bell

2 cans cream style corn
1½ cups bread crumbs
Salt
1 cup grated cheese
1 Tbsp. sugar
¼ cup chopped onions
⅛ cup milk
3 eggs, well beaten
3 Tbsp. melted margarine

Combine ingredients; bake at 350° in a shallow 2-qt. casserole, approximately 1 hour (or until firm).

PINEAPPLE CASSEROLE

Vivian Arnett

2 (20oz) cans pineapple chunks
8 oz grated cheddar cheese
1 cup crushed Ritz crackers
1 stick butter
1 cup sugar
3 Tbsp. flour

Drain pineapple - save juice. Melt butter in casserole dish. Mix pineapple and cheese together and add to butter. Combine sugar and flour and add 4 Tbsp. pineapple juice. Add this mixture to pineapple and cheese mixture. Bake at 350° for 20 minutes. Turn oven down to 300°. Put cracker on top and bake for another 20 minutes.

BAKED PINEAPPLE CASSEROLE

Margaret Bloodworth

1 large can pineapple chunks, drained (save juice)
¾ cup sugar
3 Tbsp. flour
3 Tbsp. pineapple juice
1 cup shredded sharp cheddar cheese
1½ cup crushed Ritz crackers
½ stick butter, melted

Mix pineapple, sugar, flour and pour into casserole dish. Pour juice over the top. Sprinkle with cheese and cover with Crackers and melted butter. Bake at 350° for 15 minutes. This can be used as a side dish or a dessert (with whipped topping).

GREEN BEAN CASSEROLE

2 cans cut green beans
1 small can sliced mushrooms
1 small onion, chopped
1 small can water chestnuts, sliced
1 can cream of mushroom soup
1 can French fried onion rings

Combine all ingredients, except French fried onions. Put in casserole dish; top with onion rings. Bake 30 minutes at 325°.

GREEN BEAN CASSEROLE

1 can French style green beans **1 can mushroom soup**
1 can French fried onion rings

Drain beans; put in casserole. Add soup; top with onion rings. Bake at 400° for 20 to 25 minutes.

CAULIFLOWER POLONAISE

Katie Warren

1 small head cauliflower or 2 pkgs. frozen cauliflower
1 cup water
½ tsp. salt
1 Tbsp. margarine
3 Tbsp. seasoned dried bread crumbs
1 egg, hard-cooked and diced

Break cauliflower into florets (should yield about 4 cups). In 2-quart saucepan combine water and salt and bring to a boil; add cauliflower and return water to a boil. Reduce heat, cover, and let simmer until tender-crisp, about 10 minutes (if frozen cauliflower is used, cook according to package directions); drain, transfer to a serving dish, and keep warm. In small non-stick skillet melt margarine; add bread crumbs and stir until thoroughly combined and margarine has been absorbed. Sprinkle crumb mixture and diced egg over cauliflower and toss lightly.

OVEN-BAKED ONION RINGS

Joan Barnes

¼ cup + 2 Tbsp. all-purpose flour
½ tsp. salt
⅛ tsp. ground red pepper
1 large peeled Spanish onion, cut into ¼" slices
3 egg whites, lightly beaten
¾ cup plain dried bread crumbs*

1. Preheat oven to 400°. Spray non-stick baking sheet with non-stick cooking spray. On sheet of wax paper, combine flour, salt and red pepper.
2. Separate onion slices into rings; stack 2 rings together. Dredge each 2-ring stack in flour mixture; dip in egg white. Coat in bread crumbs; arrange on prepared baking sheet.
3. Bake on top oven rack 10 minutes, or until brown. Turn and bake 5-10 minutes longer, until browned.

* Seasoned dried bread crumbs can be substituted for the plain.

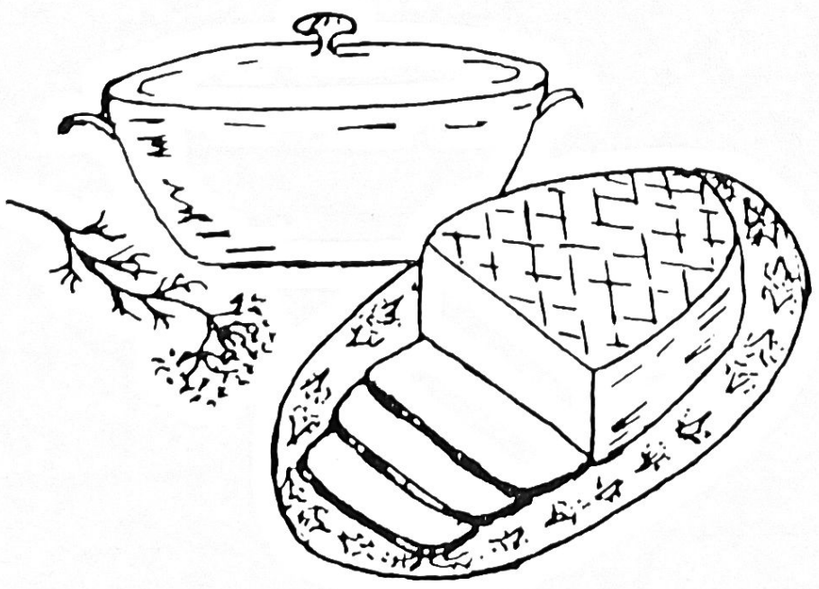
VEGETABLE QUESADILLAS

Joan Barnes

2 cups small broccoli florets
1½ cups skim milk
⅓ cup + 2 tsp. all-purpose flour
½ cup thawed frozen whole-kernel corn
¼ cup coarsely chopped red bell pepper
¼ cup coarsely chopped green chilies
½ tsp. salt
⅛ tsp. ground red pepper
¼ cup chopped fresh cilantro
4 flour tortillas (6" diameter)

1. In large pot of boiling water, cook broccoli 2 minutes; drain. Set aside; keep warm.
2. In small saucepan, whisk milk and flour; cook over medium heat, stirring frequently, 4-5 minutes. Stir in corn, bell pepper, chilies, salt and red pepper; remove from heat. Stir in cilantro.
3. Preheat oven to 425°. Spray baking sheet with non-stick cooking spray.
4. Spoon one-fourth of the vegetable mixture over bottom half of one tortilla, leaving a ½" border; fold top half over vegetable mixture and press to seal. Repeat procedure with remaining vegetable mixture and tortillas, making 4 quesadillas.
5. Arrange quesadillas on prepared baking sheet; bake 8 minutes, or until hot and bubbly. Serve immediately.

Main Dish



FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

HOT TOMATO HAMBURGER CASSEROLE

Linda Buford

1 lb. ground round
1 (8 ½ oz) pkg. Tortilla chips
1 cup cheddar cheese, grated
1 (10 ¾ oz) can cream of chicken soup
1 small onion, chopped
1 (10 oz) can Rotel

Brown meat and onion; drain. Mix Rotel with soup. Crush chips slightly; layer all ingredients in a 2-qt. casserole, beginning and ending with tortilla chips. Bake uncovered at 350° for 20 minutes or until bubbly. Makes 4-6 servings.

HAMBURGER CASSEROLE

Mary Jane Gray

1 lb. hamburger meat
2 cups uncooked noodles
1 can cream of chicken soup
1 can cream of mushroom soup
1 small can English peas, drained
½ - ⅔ cup milk
Salt & pepper to taste
1 onion, chopped

Brown hamburger meat and onion. Mix all remaining ingredients, except noodles. Simmer for 10 minutes. Mix in noodles. Pour into a greased baking dish. Bake at 350° for 1 hour.

HAMBURGER CASSEROLE

Robin McCool

2 lbs. ground beef or ground chuck
1 onion chopped
1 can cream of mushroom soup
1 can of cream of chicken soup
1 can of whole kernel corn
1 (8oz) sour cream
1 (8oz) cooked noodles (2 ½ to 3 cups)

Brown ground beef and onion together. Drain meat, noodles and corn. Then mix all the ingredients together. Salt and pepper to taste. Cover with cracker crumbs and bake for 30 minutes at 350°.

BEEF-RICE CASSEROLE

Anita Barnes

1½ cup uncooked rice
1 ½ lbs. ground beef
1 cup condensed mushroom soup
1 can (1 lb.) tomatoes
1 can green beans
1 to 2 Tbsp. grated onion
Salt & pepper
Garlic salt
¼ cup catsup

Cook and drain rice. Spread in greased, shallow 1½ qt. baking dish. Cook meat until it looses red color, breaking up with a fork. Drain off fat and spread on rice. Sprinkle with salt and pepper and spread with catsup. Cover with onions and beans. Sprinkle lightly with garlic salt. Top with soup and tomatoes. Bake in moderate oven 350° about 40 minutes. Makes 6 servings.

MEAT LOAF

Mary Jane Gray

1½ lb. ground beef
1 can cream of mushroom soup
1 pkg. onion soup mix
2 eggs, beaten
1½ cup grated Cheddar cheese
1 cup cracker crumbs
¼ cup water
1 small can Pet milk
¼ cup catsup

Mix well and shape in small loaves. Place in greased dish or pan. Bake at 350° for 30 minutes.

IDIOT'S DELIGHT

Anita Barnes

1 lb. ground beef
1 cup chopped onion
1 can cream of chicken soup
1 can cream of mushroom soup
Chow mien noodles
1 cup chopped celery
2 cups cooked rice
1 cup milk
1 Tbsp. soy sauce

Brown and season meat, celery and onion. Mix in remaining ingredients and pour in baking dish 12"x8"x2". Top with chow mien noodles. Bake 350° for 1 hour.

SWEET & SOUR MEATBALLS

Dot Blair

1 lb. lean ground beef
1 cup soft, fresh bread crumbs
2 Tbsp. minced onion
2 Tbsp. milk
⅔ cup Heinz Chili sauce
1 egg, beaten
1 tsp. salt
1 Tbsp. vegetable oil
⅔ cup jelly (any flavor)
Dash pepper

Combine beef, bread crumbs, egg, onion, milk, salt and pepper and form into the size balls that you desire. Brown lightly in oil; cover and simmer for 10 minutes. Drain excess fat - combine chili sauce and jelly and pour over meat balls. Heat, stirring occasionally, until jelly is melted. Simmer 10 to 12 minutes. Very good served over rice.

FIESTA MEAT BALLS PIQUANTE

Francis Walker

1 lb. lean ground beef
1 medium onion, minced and divided
3 cloves garlic, minced and divided
2 Tbsp. chopped cilantro, divided
1 Tbsp. paprika
1 tsp. salt
½ tsp. ground black pepper
2 eggs, slightly beaten
¾ cup uncooked rice
Vegetable cooking spray
2 cans (15oz each) tomato sauce
1 cup beef broth
2 chilpotle peppers, pickled
1 Tbsp. chili powder

Combine beef, 2 Tbsp. onions, 1 clove garlic, 1 Tbsp. cilantro, paprika, salt, pepper, eggs and rice. Mix well and shape into 1½ inch meat balls. Place in large baking dish coated with cooking spray. Combine tomato sauce, broth, remaining onion, peppers, chili powder, and remaining garlic in blender jar. Cover and process until smooth. Place tomato sauce in large skillet; cook over medium-high heat, stirring constantly 3 to 5 minutes. Pour

sauce over meat balls and bake covered at 350° for 1 hour or until rice is tender. Sprinkle with remaining cilantro. Serve hot. Makes 3 dozen meat balls.

SPAGHETTI & MEATBALLS

Katie Warren

Meatballs:

½ lb. ground beef
½ cup dried bread crumbs
1 egg slightly beaten
1 tsp. salt
½ cup finely chopped onion
¼ cup milk
Dash pepper
2 Tbsp. shortening

Sauce:

½ cup chopped onion
¼ tsp. pepper
½ tsp. garlic powder
2 bay leaves
2 Tbsp. shortening
½ tsp. sugar
2 (8oz.) cans tomato sauce
Oregano

To make meatballs, mix all ingredients together thoroughly, except shortening. Form into small balls. Brown, in melted shortening, then cook, covered for 5 minutes.
To make sauce, in skillet, brown onion in shortening. Add all other ingredients and simmer, uncovered, for 20 minutes, stirring frequently. Spoon meatballs into sauce gently and warm a little longer before serving over spaghetti.

SPAGHETTI SAUCE

Mary Jane Gray

1 lb. ground beef
pepper
1 Tbsp. sugar
½ cup chopped onion
2 garlic cloves
½ cup chopped bell

2 bay leaves
2 cans tomatoes
1 tsp. oregano

Brown beef and drain. Add remaining ingredients with salt and pepper to taste. Simmer for 3 hours.

MANICOTTI

Twila Presley

1 ½ lb. lean ground beef
1 small onion, minced
2 cloves garlic, minced olive oil
¾ cup dry bread crumb
2 (10oz) pkg. frozen chopped spinach, can use only 1 pkg.
1¼ tsp. salt
½ tsp. chopped basil
¾ cup Parmesan cheese
1 cup dried oregano
1 cup Ricotta cheese (or cottage cheese)
Pepper to taste
1 (8oz) pkg. manicotti pasta or 24 jumbo shell pasta
2 eggs
21 oz. Ragu sauce
12 oz. pkg. grated mozzarella cheese

In a large skillet, sauté crumbled ground beef with onion, garlic using 2 T. olive oil. Drain off ⅔ of liquid. When browned, add 2 (10oz.) pkgs. (or 1 pkg. only) frozen chopped spinach. Cover skillet and simmer until spinach is thawed. Mix well. Add Parmesan cheese, dry bread crumbs and 1 tsp. dried oregano, salt, pepper, basil Ricotta (or cottage) cheese. Mix well and add ONE AT A TIME eggs, stirring quickly and mixing well with previous ingredients (ground beef mixture.) Set aside.

Cook manicotti pasta (or shell pasta) 8 to 10 minutes in boiling salt water. Add 1 Tbsp. cooking oil to water to prevent sticking. Stir gently occasionally. Drain and rinse in cold water. Stuff with filling.

Cover bottom of 9 x 13 baking dish with a thin layer of Ragu sauce, using less than ½ of sauce. Place stuffed manicotti pasta (or shells) in a single layer in the bottom of dish. Pour remaining sauce over shells. Top with grated Mozzarella cheese. Cover with aluminum foil and bake 40 minutes in a 350° oven or until shells are tender. Before serving let cool about 10 minutes.

MANICOTTI

Katie Warren

1½ lbs. ground meat
1 egg
½ lb. mozzarella cheese (diced or grated)
3 slices bread, moistened by milk
½ cup milk
¼ tsp. garlic
½ tsp. salt
¼ tsp. pepper
2 Tbsp. parsley

Combine ingredients. Stuff the cooked shells with the meat filling. Put in a greased pan and cover with spaghetti sauce. Bake 30 minutes at 350°. Add more sauce and Parmesan cheese.

MIMI'S WONDERFUL LASAGNA

Katie Warren

2 lbs. ground beef
1 clove garlic (or flavor)
4 small cans tomato sauce
2 (8oz.) pkgs. cream cheese
1 large can Parmesan cheese
3 pkgs. slice or grated mozzarella cheese
1 box lasagna noodles (approx. 12)
1 large onion, chopped
½ tsp. salt
½ tsp. pepper
3 eggs

Cook or simmer at least 30 minutes the following ingredients: beef, onion, garlic, tomato sauce, salt & pepper. Cream together the cream cheese and the eggs. Butter a pan and put ingredients in as follows:

1. Noodles (cooked)
2. Meat sauce
3. Mozzarella cheese
4. Cream cheese mixture
5. Parmesan cheese

Make 2-3 layers. Bake 30 minutes at 350°. Freezes well.

EASY SLOPPY JOES

Becky Payne

I lb. ground beef
1 Tbsp. mustard
1 can chicken gumbo soup
Chopped onion
3 Tbsp. catsup

Brown ground beef and onion. Drain off any grease. Combine all ingredients and simmer for 20-30 minutes. Makes 4-6 burgers.

SLOPPY JOES

Katie Warren

1 lb. ground beef
1 medium onion, chopped
⅓ cup chopped celery
⅓ cup chopped green bell pepper
⅓ cup ketchup
¼ cup water
1 Tbsp. Worcestershire sauce
½ tsp. salt
⅛ tsp. red pepper sauce
6 hamburger buns, split and toasted

Cook and stir ground beef and onion in 10-inch skillet until beef is brown; drain. Stir in remaining ingredients except buns. Cover and cook over low heat 10 to 15 minutes or just until vegetables are tender. Fill buns with ground beef mixture. Makes 6 sandwiches.

TACO PIE

Twila Presley

1 large onion, chopped
1 lb. ground beef
2 cup mixed grated cheeses
1 deep dish pie shell
½ bell pepper, chopped
1 pkg. taco mix
¾ cup water

Lightly brown pie shell in a 400 ° oven. Brown ground beef. When the beef is about one-half cooked, add onion and bell

pepper. Cook until done. Drain all grease off WELL. Add taco mix, water and cook down. Add 1 cup mixed grated cheeses, and pour into pie shell. Bake at 350° for 20 minutes. Remove from oven and top with remaining cheeses. Return to oven until cheese is melted. Cool before serving.

MEXICAN CASSEROLE

Tammy Davis

1 pkg. corn tortillas (torn into pieces)
1 lb. ground beef
1 chopped onion
2 cans cream of mushroom soup
2 (4oz) cans green chilies (chopped)
1 (20 oz) can enchilada sauce
Grated cheddar cheese

Brown meat and drain fat. Add onion and cook until tender. Heat soup, chilies, and enchilada sauce together and mix with meat. Layer torn tortillas, then sauce. Repeat until all is used. Cover with cheese. Bake 30-45 minutes at 350°.

ENCHILADA PIE

Gaylene Zellmer

1 lb. lean ground beef
½ tsp. black pepper
1 can (8oz) tomato sauce
6 tortillas (soft)
1 can chopped black olives
1½ cups shredded cheddar cheese
1 can yellow corn, or frozen corn
1 large onion, chopped
1 Tbsp. chili powder
1 can Rotel
1 cup water

Brown meat and onion. Add seasonings (I also add cayenne pepper and garlic powder) Add Rotel and tomato sauce. In a 2 quart casserole, spray bottom and sides with Pam or lightly grease. Alternate layers of tortillas, meat sauce, corn, chopped olives and cheese, etc. until you reach top of casserole dish. Add water, (just pour over top) cover with lid or foil and bake at 400° for 20 minutes. Cut into wedges with sharp knife. Use pie server to remove each serving. Serves 6.

CHILI & BEAN ENCHILADA CASSEROLE

Becky Payne

3 Tbsp. oleo
1 pkg. chili (or taco) seasoning
1 (8oz.) can tomato sauce
1 can (1lb.) kidney beans
Salt to taste
1½ cups grated cheddar cheese
Lettuce
½ cup onion, chopped
1 lb. lean ground beef
⅔ cups water
½ tsp. pepper
1 pkg. (12) flour tortillas
2 cups shredded

In 2 qt. dish, put oleo & onion. Microwave on High for 3 minutes. Add ground beef and micro on High for 5 minutes, stirring to break up beef. Add chili mix, tomato sauce, water, kidney beans, pepper & salt. Micro on High 8 minutes, covered with wax paper. Pass each tortilla quickly through warm water. In 7x11 oblong dish, layer 3 tortillas, then ⅓ bean-meat mixture, then ⅓ cheese, then ⅓ lettuce. Repeat with next 3 tortillas, etc. Micro on High 8-11 minutes, until heated through and is tender in the middle.

QUARTER-HOUR SWEET-N-SOUR

Francis Walker

2 Tbsp. vegetable oil
1 pkg. (10oz) frozen breaded chicken breast chunks
1 pkg. (16oz) frozen broccoli, red peppers, bamboo shoots, and mushrooms mixture
2 cups cooked rice
½ cup sweet and sour sauce
½ tsp. salt

Cook chicken in hot oil in large skillet over medium-high heat 5 to 7 minutes, turning once. Remove from pan; drain on paper towels. Stir in vegetables and cook 2 to 3 minutes. Stir in rice, chicken, sauce, and salt. Cook until thoroughly heated, about 2 to 3 minutes. Makes 4 servings.

CHICKEN TETRAZZINI

Mary Jane Gray

1 large chicken
1 tsp. salt

2 cans mushroom soup
1 onion, chopped
7 oz. thin spaghetti
Dash of garlic salt
½ cup grated cheese
1 cup grated cheese

Cook chicken until tender. Save broth. Sauté onion in oleo. Debone chicken and cut into small pieces. Cook spaghetti in chicken broth until done and drain. Add soup and chicken to onion. Mix this mixture with spaghetti. Place in baking dish and cover with cheese. Bake at 325° until cheese is melted.

CHICKEN TETRAZZINI

Gaylene Zellmer

4 oz. thin spaghetti, broken
½ cup milk
1 can cream of mushroom soup
¼ cup minced onion
1 cup diced chicken or turkey, cooked
2 Tbsp. chopped pimento
1 cup shredded cheddar cheese

Cook spaghetti and drain. Combine all the other ingredients into 1½ quart casserole except ½ of the cheese which you sprinkle on the top of casserole. Bake in 400° oven for 30-45 minutes. Can be doubled for 9x13.

CHICKEN POT PIE

Robin McCool

1 (10 ¾ oz) can chicken broth
2 (10 ¾ oz) can cream of chicken soup
3 cups diced chicken
1 large bag mixed frozen vegetables

Mix all together pour in greased non stick pan. Spoon on crust bake 45-55 minutes at 400° until brown.

Crust:
1 cup flour, self rising
1 stick butter, melted
1 cup milk

Beat ingredients all together. Mix well until thin. Pour over pot pie.

CHICKEN POT PIE

Janice Bell

2 cans cream of potato soup
2 cups diced chicken
½ tsp. each thyme and black pepper
2- 9 inch pie crusts, thawed
1 can veg-all, drained
½ cup milk

Combine ingredients. Spoon into pie crust. Cover with top crust. Crimp edges to seal. Slit top crust. Brush with egg if desired. Bake at 375 ° for 40 minutes. Cool 10 minutes.

GOULASH

1 lb. hamburger
1 medium onion, chopped
1 can baked beans

Brown hamburger in medium saucepan; drain grease. Add baked beans and onion. Let simmer approximately 5 minutes.

POPPY SEED CHICKEN

Linda Pounders

4 large chicken breast, boneless
1 can cream of chicken soup
4 oz. sour cream
1 whole round cylinder Ritz crackers (30-40)
2 Tbsp. poppy seeds
¾ stick oleo or butter

Boil chicken breasts till tender. Cool & cut into bite-size pieces. Place chicken in 13x9x2 baking dish. Mix soup & sour cream & pour over chicken. Crumble crackers and spread over top. Pour melted butter over crackers. Sprinkle poppy seeds over top. Bake at 350° until bubbly, approx. 15-20 minutes.

RITZY CHICKEN

Anita Barnes

4 whole chicken breast
2 cans Campbell's cream of chicken soup

1 cup sour cream
2 Tbsp. poppy seed (divided)
Ritz crackers (about 60) crushed
¾ cup butter or oleo, melted

Cook chicken as desired (boil or bake), bone and chop in bite size pieces. Mix together the soup and sour cream. Butter a 13"x9" baking dish and put a layer of chicken, half the soup and sour cream mixture, half the Ritz cracker crumbs and 1 Tbsp. of poppy seeds. Repeat layers ending with the remaining Ritz crackers and 1 Tbsp. of poppy seeds. Pour melted butter over the top and bake uncovered in 350° oven for 30 minutes. Very good and so easy!

GRILLED SKEWERED CHICKEN AND VEGETABLES

Anita Barnes

½ cup water
¼ cup *each* vinegar and chopped fresh basil
2 tsp. *each* grated lemon peel and oil
1 envelope Good Seasons Nonfat Salad Dressing Mix for Italian Fat Free Dressing
4 boneless skinless chicken breast halves, cut lengthwise into ¾ inch strips
2 medium zucchini or yellow squash, cut into 1-inch chunks
1 each large red pepper and red onion, cut into 1-inch chunks
12 whole mushrooms
4 cups hot cooked Minute Instant Brown Rice

Mix water, vinegar, basil, lemon peel, oil and dressing mix in large bowl. Reserve ¼ cup marinade; refrigerate. Add chicken to bowl; toss to coat. Refrigerate 4 to 24 hours to marinate. Drain. Heat broiler or grill. Thread skewers through chicken strips alternating vegetable chunks between skewered chicken pieces. Thread mushrooms at ends of skewers. Broil 4 inches from heat or grill over medium coals 8 to 10 minutes or until cooked through, turning and brushing frequently with reserved marinade. Discard any remaining marinade. Serve chicken and vegetables over rice. Makes 6 servings.

SKILLET CHICKEN & BROCCOLI

Francis Walker

1 Tbsp. margarine or butter
4 skinless, boneless chicken breast halves (about 1 lb.)
1 can (10¾ oz) Campbell's condensed Broccoli Cheese soup

In a 10-inch skillet over medium heat, in hot margarine, cook chicken 10 minutes or until browned on both sides. Spoon off fat. Stir in remaining ingredients Heat to boiling. Reduce heat to low. Cover; simmer 10 minutes or until chicken is fork-tender and broccoli is done, stirring occasionally. Makes 4 servings.

CHICKEN DIVAN

Francis Walker

1 lb. fresh broccoli cut into spears, cooked and drained*
1½ cups cubed chicken or turkey
1 can (10¾ oz) Campbell's condensed broccoli cheese soup
⅓ cup milk
1 Tbsp. margarine or butter, melted
2 Tbsp. dry bread crumbs

In shallow casserole, arrange broccoli; top with chicken. Combine soup and milk; pour over chicken. Combine margarine and bread crumbs; sprinkle over top. In oven, bake at 450° for 10 minutes or until hot. (In microwave, cover with waxed paper; microwave on HIGH 6 minutes or until hot; rotating dish halfway through heating.) Makes 4 servings. * Or use 1 pkg. (10oz) frozen broccoli spears, cooked and drained.

BROCCOLI CHEESE CHICKEN OVER NOODLES

Francis Walker

2 whole chicken breasts, split, skinned and boned (about 1 lb.)
1 can (10¾ oz) Campbell's condensed broccoli cheese soup
⅓ cup milk
3 cups hot cooked medium egg noodles (3 cups uncooked)

Chopped fresh parsley for garnish.

In 10 by 6 inch baking dish, arrange chicken. Combine soup and milk; pour over chicken. In oven, bake at 400° for 25 minutes or until chicken is fork-tender. (In microwave, microwave on HIGH for 10 minutes or until chicken is fork-tender, rearranging chicken halfway through cooking. Let stand, covered, 5 minutes) Stir sauce before serving. Serve sauce over chicken and noodles. Garnish with parsley. Makes 4 servings.

BROCCOLI CHEESE CHICKEN RICE BAKE

Francis Walker

1 pkg. (6 oz) chicken and vegetable flavored rice mix
2 whole chicken breasts, split, skinned and boned (about 1 lb.)
1 can (10¾oz) Campbell's condensed broccoli cheese soup
½ cup milk

Prepare rice mix according to package directions. In 12x8 baking dish, arrange rice mix lengthwise across center of dish. Arrange chicken breast halves over rice mix, overlapping if necessary. Combine soup and milk; pour over chicken. Cover with foil; bake at 400° for 15 minutes. Uncover; bake 10 minutes more or until chicken is fork-tender. Makes 4 servings.

CHICKEN BROCCOLI CHEESE FETTUCINI

Francis Walker

1 Tbsp. margarine or butter
1 clove garlic, minced
1½ cups cooked chicken cut in strips
1 can (10¾ oz) Campbell's condensed broccoli cheese soup
1 cup milk
¼ cup Parmesan cheese
3 cups hot cooked fettucini (8oz uncooked)
Chopped fresh parsley for garnish

In 10-inch skillet over medium heat, in hot margarine, cook garlic two minutes, stirring constantly. Stir in chicken, soup, milk and Parmesan cheese. Heat to boiling. Reduce heat to low; simmer

5 minutes. Pour over hot cooked fettucini; toss to coat. Garnish with parsley. Makes 4 servings.

MARINATED CHICKEN BREASTS

Debbie Sykes

Chicken breasts (boned and skinned)
Bacon
Small container of sour cream
Butter
1 can cream of mushroom soup
1 small jar dried beef

Rub butter in bottom of baking dish. Put one layer of dried beef in bottom of dish. Wrap one piece of bacon around each breast and place on top of dried beef. Mix the can of mushroom soup and sour cream together and pour over chicken. Marinate overnight. Bake at 250° for 2 hours.

FRENCH CHICKEN

Francis Walker

4 skinless, boneless chicken breasts
¼ tsp. ground black pepper
Vegetable cooking spray
1 can (10¾ oz) condensed cream of chicken soup
½ cup dry white wine
2 Tbsp. Dijon mustard
1 pkg. (6.2oz) Florentine rice mix, prepared according to package direction.

Sprinkle chicken with pepper; set aside. Heat large skillet coated with cooking spray over medium-high heat until hot. Cook chicken in skillet until lightly browned, turning once. Combine soup, wine, and mustard; pour over chicken. Bring to a boil; reduce heat, and simmer 15 minutes. Serve chicken and sauce over hot rice. Makes 4 servings.

CHICKEN CASSEROLE

Joni Evans

4-6 chicken breasts
1 can cream of chicken soup
1 can Rotel
4-8 oz. cheddar cheese

1 can cream of mushroom soup Doritos

Debone chicken and layer, starting with chicken, cheese and Doritos. Mix soups and pour over layers. Top with cheese and Doritos on top. Bake at 350° for 30 minutes, or until bubbly.

PARMESAN CHICKEN

Katie Warren

2-3 lbs. chicken breasts
½ cup Parmesan Cheese
1 cup Mayonnaise
2 Tsp. oregano

Mix together above ingredients and spoon over chicken. Bake for 45 minutes at 375°. Serves 4-6.

SESAME CHICKEN

2 large, split chicken breasts*
¼ cup (½ stick) butter, melted
2 Tbsp. grated Parmesan cheese
⅛ tsp. crumbled, dried thyme
¼ tsp. salt
⅛ tsp. pepper
1 Tbsp. sesame seed

Rinse and thoroughly dry chicken breasts. Place skin side up in center of a sheet of foil. Combine melted butter, Parmesan cheese, salt, pepper, and thyme. Spoon about ½ of mixture over chicken. Fold foil over chicken and seal. Place on broiler pan; slip under broiler, about 4 inches from heat, for 20 to 25 minutes. (or put in 350° oven and bake for about 30 minutes.) Unfold foil; fold down, forming in into a shallow pan with edges. Add sesame seed to remaining butter mixture. Spread a spoonful of the sesame mixture on top of each breast. Return to broiler for 3 to 5 minutes or until sesame seeds are browned. Pour juices into a bowl for gravy. Delicious over white rice. Nice for guests because this recipe can be prepared and sealed in the foil early in the day, then placed in the oven at the proper time. * Choose large breasts; each split chicken breast should weigh almost ½ pound.

CASHEW CHICKEN

3 whole chicken breasts
½ lb. mushrooms
4 green onions
1 Tbsp. chicken stock base, dissolved in 1 cup water
1 (4oz.) pkg. cashew nuts
¼ cup soy sauce
2 Tbsp. cornstarch
½ tsp. sugar
½ tsp. salt
¼ cup salad oil

Bone chicken and remove skin. Slice horizontally into slices, ⅛ inch thick, then cut into 1 inch squares. Arrange on tray. Slice mushrooms. Cut green part of onion into 1 inch long pieces; slice white part ¼ inch thick. Arrange on tray. Pour chicken broth into small pitcher. Mix soy sauce, cornstarch, sugar, and salt. Pour into small pan. Heat 1 Tbsp. oil to 350°. Add cashews all at once. Cook 1 minutes, shaking pan. Remove and set aside. Add remaining oil and chicken. Cook quickly, turning, until opaque. Add mushrooms and broth. Cover and simmer 2 minutes. Stir in soy sauce and cook until thickened, stirring constantly. Simmer 1 minute, uncovered. Mix in onions. Sprinkle with cashew nuts. Serve over bed of white rice.

ALMOND CHICKEN

3 chicken breasts
1 cup chicken broth
1½ cups sliced mushrooms
1 onion, diced
1 pkg. snow pea pods
1 (6 or 8 oz.) pkg. sliced almonds
3 Tbsp. soy sauce
1 Tbsp. glutamate
1½ Tbsp. cornstarch
1 cup green peppers
½ cup green onion
2 Tbsp. oil

Cut chicken into bite-size pieces. Marinate in soy sauce 20 minutes. Brown chicken in oil, then add broth and simmer. Mix glutamate and cornstarch in enough water to make a smooth paste. Mix paste into broth and thicken slowly. Add mushrooms, onion, and peppers to chicken broth mix. Add pea pods. Heat all ingredients through and add almonds and serve.

CHICKEN CRUNCH

½ cup chicken broth or milk
¼ cup chopped onion
2 cans mushroom soup
3 cups cubed chicken
⅓ cup slivered almonds
1 cup diced celery
1 can water chestnuts, drained & sliced thin
1 (3oz.) can chow mien noodles

Blend ingredients together. Bake in a greased casserole dish at 325° for 40 minutes.

DORITO CHICKEN

2 cups chicken, cooked & chopped
½ tsp. salt
1 (8oz.) carton sour cream
1 tsp. chili powder
⅛ tsp. garlic powder
⅛ tsp. white pepper
½ cup grated Cheddar cheese
Doritos
½ cup grated Mozzarella cheese

Crush Doritos and just cover the bottom of a 2 quart glass pan. Mix all other ingredients, except cheese, and place on Doritos. Crush more Doritos on top of this. Add cheese on top. Bake for 20 minutes at 350°.

BAKED CHICKEN 'N BUTTER AND CREAM

½ cup flour
1½ tsp. salt
½ tsp. paprika
¼ tsp. pepper
¼ cup butter
1½ cups hot water
½ cup non fat dry milk
1 cut up frying chicken

Dip chicken into water (not water mentioned in ingredients). Coat with mixture of flour and seasonings. Put chicken, skin side down, into 13x9x2 inch baking pan. Dot with butter. Bake at 350° for 30 minutes or until golden brown. Mix the 1½ cups hot water and powdered milk together. Pour around chicken. Cover with aluminum foil. Bake 1¼ hour more or until chicken is tender.

CHICKEN DIJON

Katie Warren

4 skinless, boneless chicken breast halves
1 Tbsp. vegetable oil
1 cup sliced fresh mushrooms
2 Tbsp. dry white wine or water
1 jar (12 oz.) Heinz Homestyle Chicken Gravy
⅓ cup milk
⅛ tsp. pepper
2 Tbsp. Dijon-style mustard

In skillet, brown chicken in oil; remove. In same skillet, sauté mushrooms until tender. Stir in wine, gravy, milk and pepper. Add chicken. Simmer, uncovered, 5-7 minutes until chicken is cooked; turn and baste occasionally. Stir mustard into sauce just before serving. Makes 4 servings.

HOT CHICKEN SALAD

Katie Warren

8 half breasts of chicken, cooked & chopped
1 cup celery, chopped
1 medium onion, chopped
3 hard boiled eggs, chopped
¼ cup slivered almonds
1 (10¾ oz.) can cream of chicken soup
½ cup mayonnaise
Salt & pepper to taste
1 Tbsp. lemon juice, optional
2 heaping cup potato chips.

Mix all ingredients but the chips. Crumble chips. Add half to salad. Put in a buttered casserole. Top with remaining chips. Bake 350° until bubbling hot, 20-30 minutes. Do not overcook. Makes 8-10 servings.

CHICKEN CORDON BLEU

Katie Warren

2 thin chicken cutlets (3 oz. each)
2 slices turkey-ham
2 slices reduced fat Swiss cheese
1 Tbsp. + 2 tsp. Dijon style mustard, divided
1 tsp. honey
⅓ cup + 2 tsp. plain dried bread crumbs
2 tsp. vegetable oil
½ cup caned ready to serve low-sodium chicken broth
2 tsp. all-purpose flour
1 Tbsp. sour cream

1. Preheat oven to 375°. Top each chicken cutlet with 1 slice turkey-ham and 1 slice cheese: starting from the narrow end, roll each cutlet jell-roll fashion. Secure with toothpicks.
2. In small mixing bowl combine 1 Tbsp. mustard and the honey; spread half of the mixture evenly over each chicken roll.
3. On sheet of wax paper, arrange bread crumbs; turn chicken rolls in bread crumbs, coating all sides and using all of the bread crumbs. Arrange chicken rolls on non-stick baking sheet and drizzle each with 1 tsp. oil. Bake until chicken is cooked through. 20 to 25 minutes.
4. While chicken is baking prepare sauce. In small saucepan combine broth and flour, stirring to dissolve flour. Cook over medium-high heat, stirring frequently, until mixture thickens, 3 to 4 minutes. Reduce heat to low and stir in sour cream and remaining mustard; cook, stirring occasionally, 3 to 4 minutes longer (do not boil).
5. To serve, remove toothpicks and cut each chicken roll crosswise into 4 equal slices. Onto each of 2 serving plates pour half of the sauce and top with 4 chicken roll slices. Makes 2 servings.

CHICKEN DIANE

Katie Warren

2 Tbsp. + 2 tsp. margarine, divided
1¼ lbs. skinned & boned chicken breasts
½ cup minced onion
¼ cup chopped fresh parsley
2 Tbsp. + 2 tsp. steak sauce
2 Tbsp. + 2 tsp. dry sherry
2 tsp. Worcestershire sauce
2 tsp. Dijon-style mustard

In 12-inch non-stick skillet, heat half of the margarine over medium heat until bubbly and hot; add chicken and cook, turning frequently, until lightly browned on all sides and, when pierced with a fork, juices run clear. Remove chicken to a plate and keep warm. In same skillet heat remaining margarine until bubbly and hot; add onion and sauté until translucent, 1 to 1½ minutes. Reduce heat and add remaining ingredients except chicken; cook, stirring occasionally, until heated through. Return chicken to skillet and turn to coat with sauce.

CRISPY CORNY BAKED CHICKEN

Anita Barnes

1 chicken fryer (2-3 lbs.), cut up, skin and fat removed
½ tsp. paprika
½ tsp. pepper
1 cup skim milk
1 cup low-sodium cornflake crumbs

Preheat oven to 400°. Season chicken pieces with paprika and pepper. Dip in milk and roll in crumbs. Place in lightly oiled baking dish. Be sure that pieces do not touch. Bake 45 minutes or until tender.

OVEN BARBECUED BRISKET

Sarah Truitt

1 Brisket - 4 to 5 lbs. - trimmed
1 cup brewed coffee
1 cup ketchup

½ cup chopped onion
4 Tbsp. Worcestershire sauce
2 tsp. dry mustard
½ tsp. liquid hot pepper sauce
¼ tsp. ground cinnamon
¼ tsp. ground cloves
½ cup brown sugar
4 Tbsp. lemon juice
1 tsp. salt
¼ tsp. garlic powder

Mix all ingredients (except brisket) in saucepan and cook about 10 minutes at an easy boil stirring often.

Put brisket in large pan and pour about ½ to ⅔ sauce over it. Cover tightly with foil and bake about 4 hours. Use remaining sauce over cooked brisket or as sauce on sandwiches.

FRENCH FRY SPAM CASSEROLE

Linda Buford

1 (20 oz) bag frozen French fried potatoes, thawed
2 cups shredded cheddar cheese
1 (10 ¾ oz) can condensed cream of chicken soup
1 (10 ¾ oz) can condensed cream of celery soup
1 (12 oz) can Spam luncheon meat, cubed
½ cup chopped green onion
½ cup chopped bell pepper
½ cup finely crushed corn flakes

Heat oven to 350°. In large bowl, combine potatoes, cheese and soups. Stir in Spam, bell pepper and green onion. Spoon into 9x13 inch baking dish. Sprinkle with crushed flakes. Bake 30 to 40 minutes or until thoroughly heated. Serves 6 to 8.

TUNA-NOODLE CASSEROLE

1 (8oz) pkg. noodles
1 cup grated cheese
2 (7oz) cans tuna
1 can cream of mushroom soup
1 cup milk
Pepper

Cook noodles according to package directions. Combine noodles, soup, milk, tuna, and cheese; pepper to taste. Heat in oven until mixture is well heated and cheese is melted. Makes 6 servings.

SMOKED STUFFED SALMON

Gaylene Zellmer

4-5 pound King salmon, whole and gutted
Stuffing:
1 box Riceland Long Grain Wild Rice with seasoning mix.
(Cook according to directions on box.)
1 chopped onion
2 stalks chopped celery
⅓ pound mushrooms sliced
Parsley
Pepper

After you sauté mushrooms, onion, celery, parsley & pepper, mix with rice and stuff cavity of fish. While charcoal is burning down make a boat-like container for fish from aluminum foil. Place stuffed salmon in its "boat" edges crimped up. Cook over readied coals with a cover over fish for 45-60 minutes depending on size of fish. If your grill closes with a door or lid, omit "cover".
A basting sauce follows:
1 stick butter melted **1 small white onion**
½ sliced lemon **2 tsp. mustard**
⅓ cup vinegar

Boil all preceding ingredients softly for 25 minutes blend in blender at high speed. Baste periodically during cooking.

SEAFOOD CASSEROLE

Anita Barnes

1 (7oz) can shrimp
1 (7oz) can tuna
1 (7oz) can crab meat
3 hard boiled eggs, sliced
1 (4 oz) can mushrooms (stems and pieces), drained
1 can mushroom soup (¼-½ can milk)
¼ cup mayonnaise
1 cup grated American cheese
1 cup bread crumbs

Mix the shrimp, tuna, crab, eggs, mushrooms and soup together. Place in a buttered casserole dish. Make a topping by

combining the mayonnaise, cheese and bread crumbs and put on casserole. Bake at 350° for 25-30 minutes.

LEMON RICE STUFFED SOLE

Francis Walker

¼ cup sliced celery
2 Tbsp. chopped onion
2 Tbsp. butter or margarine, divided
2 cups cooked brown rice
2 tsp. grated lemon peel
⅛ tsp. ground black pepper
2 Tbsp. fresh lemon juice
1 lb. fresh or frozen sole fillets*
1 Tbsp. snipped fresh parsley
¼ tsp. salt
¼ tsp. thyme

In medium skillet cook celery and onion in 2 Tbsp. butter until tender. Stir in rice, seasonings, and lemon juice. Place fillets in buttered shallow baking dish. Spoon rice mixture on lower portion of each fillet. Fold over to enclose rice mixture. Fasten with wooden picks. Melt remaining butter. Brush over fillets. Sprinkle with parsley. Bake at 350° for 20 to 30 minutes, or until fish flakes easily with fork. Makes 4 servings. *Or any white-fleshed fish such as haddock, turbot or white fish.

PAELLA

Francis Walker

½ lb. smoked sausage, sliced or coarsely chopped
½ lb. medium shrimp, peeled and deveined*
1 pkg. (5oz) saffron/yellow rice mix, prepared according to package directions
1 can (8oz) stewed tomatoes, undrained
1 cup frozen peas
¼ tsp. salt
¼ tsp. red pepper flakes

Cook sausage and shrimp in large skillet over medium-high heat until shrimp turns pink, about 2 to 3 minutes. Stir in rice, tomatoes, peas, salt, and pepper. Cook until thoroughly heated, about 2 to 3 minutes. Serves 4. * You may purchase peeled shrimp from seafood department of your grocery store or use thawed frozen shrimp.

OVEN-FRIED CATFISH

Joan Barnes

1 lb. 4oz red-skinned potatoes, scrubbed
1 large egg
¼ cup cornmeal
2 tsp. dried parsley flakes
½ tsp. salt
¼ tsp. freshly ground black pepper
4 (5oz. each) catfish fillets
4 lemon wedges
2 cups fresh watercress, washed and large stalks removed

1. Preheat oven to 400°. Spray 2 baking sheets with non-stick cooking spray.
2. Cut the potatoes into 2½" match stick pieces; rinse under cold water and pat dry with paper towels. Spread potato sticks out on prepared baking sheet. Spry with non-stick cooking spray. Bake for 30 minutes until golden brown and crispy. Season with salt and pepper to taste.
3. Meanwhile, prepare catfish: In a shallow bowl, lightly beat egg. On sheet of wax paper, combine cornmeal, parsley, salt and pepper. Dip catfish fillets in egg, then in cornmeal mixture, pressing gently to coat. Place on baking sheet; spray lightly with cooking spray.
4. Bake 10-15 minutes, until golden brown and fish flakes when tested with a fork. Serve with lemon wedges and potato sticks. Garnish with watercress.

SHRIMP TERIYAKI ON THE GRILL

Joan Barnes

1 lb. 4oz peeled and deveined large shrimp, tails left on
¼ cup + 2 Tbsp. Teriyaki sauce
½ medium fresh pineapple, cut into 1" cubes
2 medium red bell peppers, cored, seeded and cut into 1" cubes
4 cups cooked regular long-grain rice
1 cup julienne scallions

1. Spray grill rack with non-stick cooking spray. Place grill rack 5" from coals. Soak eight wooden skewers in cold water. Prepare grill according to manufacturer's directions.
2. Meanwhile, marinate the shrimp: Place them in a gallon-size sealable plastic bag and pour in ¼ cup Teriyaki sauce. Seal, squeezing out the air; turn to coat shrimp. Refrigerate at least 2 hours, turning bag occasionally.
3. Drain shrimp. Discard Teriyaki sauce. One eight soaked wooden skewers, alternately thread shrimp, pineapple and bell pepper.
4. Grill kabobs 12-15 minutes, turning frequently, until cooked through.
5. Serve on a bed of steamed rice. Sprinkle with remaining 2 Tbsp. Teriyaki sauce, if desired. Garnish with scallions.

BACON-WRAPPED SHRIMP

Joan Barnes

8 oz cooked Canadian-style bacon, cut in 12 slices
12 medium shrimp, shelled and deveined
1 medium red bell pepper, seeded and cut into 12 strips
1 Tbsp. + 1½ tsp. reduced-sodium teriyaki sauce
1 Tbsp. + 1½ tsp. low-sodium chili sauce
1 Tbsp. hoisin sauce

1. Place bacon on rack; cover with paper towel. Microwave on High 1 minutes; pat dry on paper towel. Let cool slightly.
2. Wrap one shrimp and one pepper strip in each piece of bacon; secure with wooden pick. Place in 11x7" baking dish. Repeat with remaining bacon, shrimp and bell pepper.
3. In small bowl, combine the teriyaki, chili and hoisin sauces with 2 Tbsp. water; pour over shrimp. Cover and refrigerate 2 hours, turning once.
4. Uncover and microwave on High 3-4 minutes, until shrimp are cooked through. Let stand 5 minutes before serving.

PERKY TURKEY

Francis Walker

3 cups cooked rice
2 cups diced cooked turkey
½ cup sliced celery
1 jar (2oz) diced pimientos, drained
⅓ cup Dijon mustard dressing
Lettuce leaves

Combine rice, turkey, celery, pimientos, and dressing in a large bowl. Serve over lettuce leaves. Makes 6 servings.

PARMESAN TURKEY PATTIES

Dot Blair

1 lb. fresh ground turkey
2 Tbsp. grated Parmesan cheese
2 Tbsp. dry bread crumbs
½ tsp. salt
½ tsp. crushed oregano
3 Tbsp. catsup

Spray pan with vegetable spray and brown slowly on both sides.

CREAMY TURKEY PATTIES

Katie Warren

5 oz. ground turkey
3 Tbsp. seasoned dried bread crumbs
1 egg white
2 Tbsp. chopped onion
1 Tbsp. chopped fresh parsley, divided
1 garlic clove, minced
2 tsp. vegetable oil
1 Tbsp. whipped butter
2 tsp. all-purpose flour
½ cup low-fat milk
¼ cup water
1 packet instant chicken broth and seasoning mix

In medium mixing bowl, combine turkey, bread crumbs, egg white, onion 2 tsp. parsley and the garlic and mix well. Shape mixture into 4 equal patties; set aside. In a 9-inch non-stick skillet heat oil; add patties to skillet and cook over medium heat, turning once, until browned and cooked through, about 4 minutes on each side. Transfer patties to plate and set aside. In same skillet melt butter; sprinkle with flour and stir quickly to combine. Cook over medium-high heat, stirring constantly, for 1 minute. Gradually stir in milk, water, broth mix, and remaining tsp. parsley. Increase heat to high and cook, stirring constantly, until mixture comes to a boil. Reduce heat to low and let simmer until mixture thickens, 2 to 3 minutes. Return turkey patties to skillet and cook until heated through, about 2 minutes.

BEEF KABOBS OVER LEMON RICE

Francis Walker

½ lb. boneless beef sirloin steak, cut in 1-inch cubes
1 small zucchini, cut in chunks
1 small yellow squash, cut in chunks
1 small red pepper, cut in squares
1 small onion, cut in chunks
¼ cup Italian salad dressing
1 cup hot cooked rice
2 tsp. fresh lemon juice
1 Tbsp. snipped fresh parsley
¼ tsp. seasoned salt

Combine beef and vegetables in plastic bag with zippered closing. Add salad dressing and marinate 4 to 6 hours in refrigerator. Alternate beef and vegetables on 4 skewers. Grill or broil, turning and basting with remaining marinade, 5 to 7 minutes, or to desired doneness. To prepare Lemon Rice, combine rice and remaining ingredients. Serve kabobs over Lemon Rice. Makes 2 servings.

FAJITAS

Betty Crocker

1½ lb. beef boneless sirloin steak, about 1½ inches thick
¼ cup vegetable oil
¼ cup red wine vinegar
1 tsp. sugar
1 Tbsp. chopped fresh or 1 tsp. dried oregano leaves
1 tsp. chili powder
½ tsp. garlic powder
½ tsp. salt
¼ tsp. pepper
12 ten-inch tortillas
2 Tbsp. vegetable oil
2 large onions, sliced
2 medium green or red bell peppers, cut into ¼-inch strips
1 jar (8oz.) picante sauce
1 cup shredded Cheddar or Monterey Jack cheese (4 oz.)
Guacamole
¾ cup sour cream

Trim excess fat from beef steak. Prick beef with fork in several places. Mix ¼ cup oil, the vinegar, sugar, oregano, chili powder, garlic powder, salt and pepper in ungreased square baking dish, 8x8x2 inches. Place beef in dish, turning once to coat both sides, Cover and refrigerate at least 8 hours, turning beef occasionally.

Heat oven to 325°. Wrap tortillas in aluminum foil. Heat in oven about 15 minutes or until warm. Remove tortillas from oven; keep wrapped. Remove beef from marinade; reserve marinade. Set oven control to broil. Broil beef with top about 3 inches from heat about 8 minutes or until brown; turn. Brush beef with marinade. Broil 7 to 8 minutes longer or until medium doneness. While beef broils, heat 2 tablespoons oil over medium-high heat. Sauté onions and bell peppers in oil 6 to 8 minutes or until crisp-tender. Cut beef diagonally into very thin slices.

For each serving, place beef, onion mixture, picante sauce, cheese, Guacamole and sour cream in center of tortilla. fold 1 end up about 1 inch over beef mixture; fold right and left sides over folded end. Makes 6 servings.

ZUCCHINI AND CHILE CORN BAKE

Francis Walker

1 Tbsp. vegetable oil
1 lb. zucchini, grated
½ cup chopped onion
3 eggs
3 cups cooked rice
1 can (7oz) whole kernel corn, drained
2 cans (4oz each) chopped green chiles
2 cups grated Cheddar cheese
4 oz. crumbled queso fresco*
1 tsp. salt
Vegetable cooking spray

Heat oil in large skillet over medium heat until hot. Add zucchini and onion; cook uncovered stirring constantly for 5 minutes or until zucchini is soft. Remove from heat; set aside. Beat eggs in large bow; stir in rice, corn, chiles, cheese, zucchini mixture, and salt. Mix well. Pour into 13x9x2 inch baking pan coated with cooking spray. Bake at 375° 45 to 50 minutes or until knife inserted in center comes out clean. Makes 8 servings. * Substitute a very mild feta cheese for queso fresco, if desired.

FRITO PIE

Katie Warren

Layer in this order or as desired:
Fritos
Rice
Chili
Lettuce
Tomatoes
Grated Cheese
Chopped Onions
Black Olives
Picante Sauce
Chopped Pecans
Coconut

CHILI STRATA

Tammy Davis

1 egg slightly beaten
¾ cup water
1 (12 oz) pkg. corn chips
2 (15 oz) cans chili with beans
1 (10oz) can enchilada sauce
¾ cup chopped green pepper
⅓ cup chopped onion
2 cups (8oz) shredded cheddar cheese
4 cups chopped lettuce
2 cups chopped tomatoes
4 cups corn chips

Heat oven to 350°. Mix egg and water. Crush 4 cups corn chips. Add egg mixture to crushed chips; spread in lightly greased 9x13 baking dish. Combine chili, 1 cup enchilada sauce, green pepper and onion; spread over corn chips in casserole. Bake at 350° for 35 minutes. Top with cheese and remaining whole corn chips. Bake 5 minutes. Top with lettuce and tomatoes.

EASY BURRITOS

Tammy Davis

2 cans beef stew
1 pkg. taco mix
Lettuce
1 pkg. flour tortillas
2 cans refried beans
Cheddar cheese
Tomatoes

Mix beef stew, beans, taco mix and cheese in sauce pan and heat. Spoon on heated tortillas. Add lettuce and tomato.

WESTERN OMELET

Katie Warren

1 lb. sausage
Chopped bell pepper
1 can sliced potatoes, drained
1 chopped onion
6-8 eggs

Brown in skillet the sausage, onion and bell pepper. Stir in drained potatoes and eggs. Stir almost constantly until eggs are done. Great camping recipe.

HAM & BROCCOLI BAKE

Katie Warren

1 (10oz.) pkg. frozen broccoli
¼ cup chopped onion
1 (10½ oz.) can cream of chicken soup
1 Tbsp. water
½ cup shredded cheddar cheese
¼ cup milk
1½ cup chopped fully cooked ham
1 cup Minute Rice
¼ tsp. Worcestershire sauce

In 9x13 casserole dish, microwave the frozen broccoli, onion & water covered about 9 minutes, stirring twice to break up broccoli. Mix together soup, cheese and milk and blend in. Stir in ham, uncooked rice and Worcestershire sauce. Microwave, covered, 9-10 minutes stirring twice. Let stand covered 5 minutes. Stir before serving.

HAM AND CHEESE QUICHE

Vivan Arnett

Deep dish pie shell
1 cup milk
1 cup grated Swiss cheese
⅛ tsp. basil
Small jar drained mushrooms
4 eggs
1 cup cubed ham
2 Tbsp. onion, chopped
⅛ tsp. dry mustard
½ tsp. parsley flakes

Mix together and pour into pie shell. Bake at 350° for 45 minutes.

FRIED NOODLES

Tammy Davis

2 pkg. Top Rammed noodles
2 chopped bell peppers
1 pkg. sliced ham
Cabbage

Brown ham (cut into small pieces) in skillet. Add bell peppers and cabbage. Add a little water. Cook noodles in sauce pan and drain. Add noodles to skillet. Add noodle seasonings. Stir and serve.

PEPPER STEAK

Tammy Davis

1½ lbs. flank steak
1 chopped medium onion
1 pkg. McCormick/Schilling brown gravy mix
1¼ cups water
1 Tbsp. soy sauce
2 large green bell peppers (cut in thin strips)
3 large carrots (cut in thin strips)

Thinly slice steak. Brown with onion in 2 Tbsp. oil. Stir in mixture of gravy mix, water and soy sauce. Stir until thickened. Cover and simmer 30 minutes. Add bell peppers and carrots. Simmer 10 minutes. Serve over rice.

STUFFED CABBAGE ROLLS

Anita Barnes

Large cabbage
2 large cans tomato sauce
1 lb. ground beef
1 bay leaf
1 tsp. Worcestershire sauce
Salt & Pepper to taste
3 Tbsp. butter
1 cup chopped onion
1 cup Minute rice
2 cloves garlic
1 Tbsp. steak sauce

Core cabbage and put in large pan of boiling water until leaves are soft. While cabbage is cooking, melt butter in skillet and cook

onion until soft. Remove from heat and mix with all ingredients except bay leaf, garlic and tomato sauce. Put about ¼ mixture in center of cabbage leaf. Roll each leaf tucking ends toward center. Fasten with tooth picks. Place all rolls in large skillet or casserole dish. Cover with tomato sauce, add garlic and bay leaf. Cover and cook in 400° oven for about 1 hour.

STUFFED ONIONS

Joan Barnes

4 large yellow onions (6oz each), peeled
5 oz hot Italian turkey sausage (90% or more fat free), casings removed
2 garlic cloves, minced
½ cup seasoned dried bread crumbs
2 Tbsp. orange juice
1 Tbsp. chopped fresh sage
1 Tbsp. chopped fresh parsley
2 tsp. grated orange zest

1. With large stainless steel knife, cut off stem of each onion, flush with base so that onions will stand upright; cut ½" slice from top of each onion.
2. In medium saucepan with 1" of gently boiling water, arrange onions, stem-end down. Simmer, covered, 20 minutes, until tender. With slotted spoon, transfer onions to several layers of paper towels; drain. With melon scoop or sharpened teaspoon, hollow out the inside of each onion, leaving ½" walls and bottom; reserve shells and onion centers.
3. Preheat oven to 400°. Finely chop onion centers; set aside.
4. Heat large non-stick skillet that has been sprayed with non-stick cooking spray; add one-half of the chopped onions, sausage and garlic. Discard or save remaining chopped onions for another use. Cook over medium heat, stirring frequently to break up sausage, 5-7 minutes, or until lightly browned. Stir in bread crumbs, juice, sage, parsley and orange zest; remove from heat.
5. Spoon one-fourth of the sausage mixture into each onion shell; arrange stuffed onions in a 9x13 " baking pan. Pour 1 cup of water in pan; bake 30 minutes, until lightly browned.

CHEESE-STUFFED SHELLS

Susan Daniel

1 jar Prego spaghetti sauce
1 egg
1½ cups small curd cottage cheese
¼ cup chopped parsley
1 pkg. (8oz) mozzarella cheese
¼ tsp. ground nutmeg
5 Tbsp. grated Parmesan cheese
⅛ tsp. black pepper
20 jumbo pasta shells
Salt to taste

Preheat oven to 400°. Prepare the filling and pasta: Spread ½ cup of the sauce over the bottom of a 12x8x2 inch baking dish. Stir together the cottage cheese, mozzarella cheese, egg, 4 Tbsp. of the Parmesan cheese, the parsley, nutmeg, pepper and salt to taste in a medium bowl. Cook the shells in a large pot of boiling water according to the package directions until firm-tender. Drain. Spoon about 2 Tbsp. of the cheese filling into each shell. Arrange the shells over the sauce in the prepared baking dish. Spoon the remaining 1½ cups of the sauce over the shells. Cover dish with aluminum foil and bake until hot and bubbly, about 25 minutes. Uncover and sprinkle remaining Parmesan. Serve hot.

BREAKFAST CASSEROLE

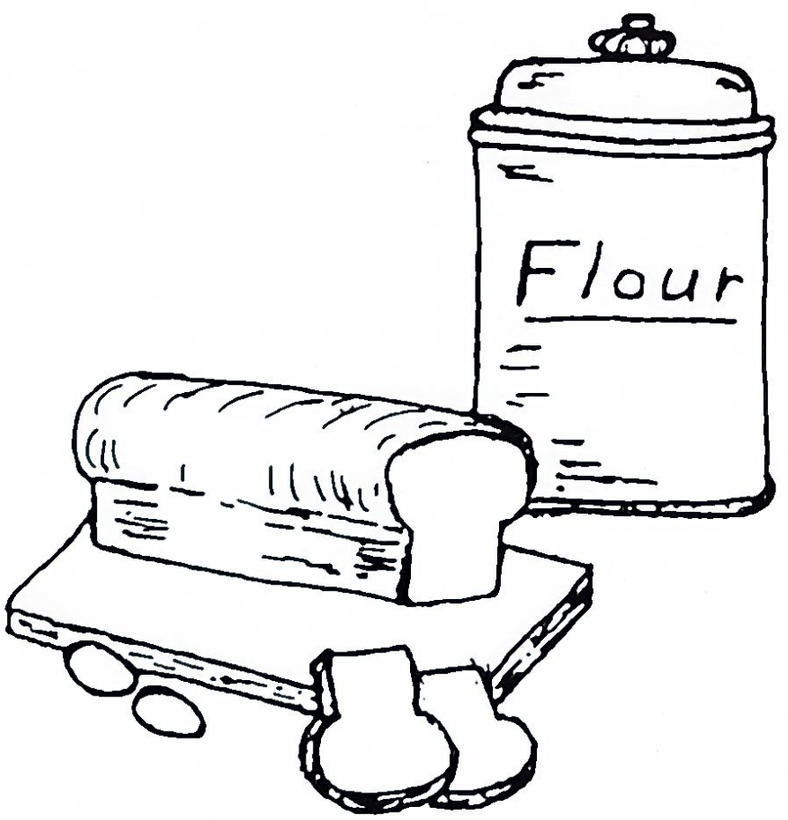
Debbie Sykes

4 slices bread
1 lb. sausage or 2 cups chopped ham
6 eggs
2 cups milk
1 tsp. dry mustard
1 tsp. salt
Dash of pepper
1 cup sharp cheddar cheese, grated

Tear up slices of bread, any kind, and place pieces in greased 9x13 baking dish. Brown and drain sausage in skillet. Spoon sausage over bread. Sprinkle with cheese. Beat together eggs,

milk, mustard, salt and pepper. Pour over mixture in baking dish. Bake in pre-heated (350°) for 35-40 minutes. This may be prepared the night before; cover and refrigerate. Also can be reheated in microwave.

Breads



FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

BLUEBERRY BREAD

Susan Daniel

1 (8oz) pkg. cream cheese, soft
1 box Duncan Hines Cake mix (golden)
1 cup blueberries
½ cup oil
3 eggs

Mix cream cheese and oil together until creamy. Add eggs and beat again. Add cake mix and beat well; add drained blueberries. Put ¾ batter in bread pan and the remainder in a muffin tin. Cook 325° for 35 minutes or until done. This can also be cooked in 8x12" Pyrex dish.

SAUSAGE BREAD

Debbie Sykes

1 lb. sausage
1 pkg. sharp cheddar cheese, grated
1 can French loaf bread (or pizza dough)

Brown sausage and drain. Roll out French loaf bread and spoon sausage over. Sprinkle cheese over sausage. Roll up bread over cheese and sausage. Fold over ends. Bake according to directions on bread and slice into pieces.

BANANA NUT BREAD

Karen Lantrip

⅓ cup vegetable oil
1½ cups mashed ripe bananas
2⅓ cups Bisquick
½ cup chopped nuts
½ tsp. vanilla
3 eggs
1 cup sugar

Mix all ingredients together. Put in 9x5x3 loaf pan. Grease bottom of pan only. Bake in 350° oven for 55 to 65 minutes. Check for doneness with toothpick.

CHILI CON CORNBREAD

Linda Buford

2 cans (15oz each) chili or 4 cups homemade chili
1 pkg. cornbread mix
⅔ cup milk
1 cup sharp cheddar cheese, shredded

Preheat oven to 400°. Pour chili into greased 8-inch square baking pan. Combine remaining ingredients in order listed. Blend well. Pour batter over chili. Bake 30-35 minutes or until done. Cool 5 minutes. Makes 4-6 servings.

MEXICAN CORNBREAD

Becky Payne

1 cup white cornmeal
1 cup yellow cream style corn
1 cup cheddar cheese, grated
2 hot peppers, chopped
1 cup buttermilk
2 eggs, beaten
⅓ cup salad oil

Combine above ingredients and cook for 35-40 minutes in oven 350 to 400°.

MONKEY BREAD

Linda Pounders

3 cans buttermilk biscuits
½ tsp. cinnamon
¾ cup sugar
½ cup sugar
1 stick oleo
¾ tsp. cinnamon

Cut biscuits in quarters and roll in sugar and cinnamon mixture (½ c. sugar & ½ tsp. cinnamon). Pile in a greased and floured Bundt pan. Melt oleo; add ¾ c. sugar and ¾ tsp. cinnamon. Heat until sugar melts and pour over biscuits. Bake at 350° for 30-35 minutes. Let stand 10 minutes; invert on cake plate.

MONKEY BREAD

Anita Barnes

3 cans buttermilk biscuits (10 count)
3 Tbsp. cinnamon
1 stick margarine
1½ cup sugar
2 cups pecans

Use bundt pan. Line bottom with pecans. Mix sugar with cinnamon. Cut biscuits into quarters. Coat with sugar mixture. Put on top of pecans in layers. Melt margarine and mix with cinnamon and sugar that is left. Spoon over biscuits. Bake 35 minutes at 350°.

QUICK CHEESE BREAD

Susan Daniel

3¾ cup flour
2½ cups (10oz) sharp cheddar cheese
2 eggs
⅓ cup butter
1½ cups milk

In 8 cup mixing bowl, combine flour and cut in butter until it resembles coarse crumbs. Stir in cheese. Combine milk & eggs separately and stir into dry ingredients, mixing just till moistened. Spoon into greased & floured 9x5 inch loaf pan. Bake at 375° for 1 hour. Remove from pan and cool.

POPPY-DOT CHEESE BREAD

Becky Payne

3¾ cups Bisquick
1½ cups milk
1 egg, beaten
5 oz. or 1¼ cups chopped American or Cheddar cheese (¼" squares)
1 Tbsp. poppy seeds

Combine all ingredients except poppy seeds. Put in well-buttered loaf pan and sprinkle top with poppy seeds. Bake at 350° for 50-60 minutes.

ZUCCHINI BREAD

Joan Barnes

1 egg
2 Tbsp. + 2 tsp. granulated sugar
1¼ cups plus 1 Tbsp. all-purpose flour
2 tsp. baking powder
½ tsp. salt
¼ tsp. nutmeg
½ cup low-fat (1.5%) buttermilk
2 tsp. stick margarine, melted
1 tsp. grated lemon zest
½ tsp. butter flavoring
1 cup (4oz) zucchini, grated and squeezed dry

1. Preheat oven to 425°. Spray an 8x4" loaf pan with non-stick cooking spray.
2. In a large bowl, beat egg until pale yellow, gradually adding sugar.
3. Sift flour, baking powder, salt and nutmeg onto a sheet of waxed paper.
4. In small bowl, whisk together buttermilk, margarine, zest and butter flavoring.
5. Alternately beat half the flour mixture and half the buttermilk mixture into the egg mixture. Fold in the zucchini, and spoon into the prepared pan. Batter will be thick.
6. Bake in upper third of oven for 10 minutes. Reduce oven temperature to 400° and bake 50-60 minutes longer, or until a cake tester inserted near the center comes out clean. Cool on a rack for 10 minutes; turn out and cool thoroughly before slicing.

SPOON BREAD

Janice Bell

1 pkg. dry yeast
1½ sticks melted butter
¼ cup sugar
2 cups hot tap water
4 cups self-rising flour
1 egg

Dissolve yeast in water. Add butter, sugar, egg and flour. Mix well and refrigerate. When ready to bake, put in greased muffin tins. Let sit at room temperature for 25 minutes. Then bake at 450° for 15 to 20 minutes or until brown.

PUMPKIN BREAD

Becky Payne

3½ cups flour
1½ tsp. salt
4 eggs (optional)
1 tsp. cinnamon
⅔ cup water
1 can pumpkin
2 tsp. soda
3 cups sugar
⅓ box raisins (optional)
1 tsp. nutmeg
1 cup oil

Sift together the flour, soda and salt. Make a "well" and add the sugar, eggs, raisins, cinnamon, nutmeg, water, oil and pumpkin. Beat until smooth. Bake in 3 small greased and floured bread pans for 1 hour at 350°. Refrigerate or freeze. (You can use 6 tiny bread pans - 350° for 45 minutes.) Top with sifted powdered sugar.

CORN MUFFINS

Vivian Arnett

1 Tbsp. sugar
⅓ cup milk
¼ cup corn meal
1 egg
¾ cup Bisquick

Heat oven to 400°. Mix all ingredients. Beat vigorously for 30 seconds. Fill well greased muffin cups ⅔ full. Bake 15 minutes. Makes 6 muffins.

BRAN MUFFINS

Becky Payne

2 cups boiling water
4 cups All Bran Flakes cereal
2 cups 100% or 40% Bran Buds
1 cups shortening
5 tsp. soda
1 qt. buttermilk
3 cups sugar
4 eggs, beaten
5 cups flour
1 tsp. salt

Pour hot water over cereal. Add buttermilk. In separate bowl, cream sugar and shortening. Stir in eggs. Add this mixture to cereal. Stir in flour (soda & salt added). Stir only to dampen flour (not over mix). Store in refrigerator. Bake at 350° for 20-30 minutes. This lasts up to 30 days in refrigerator.

MORNING GLORY MUFFINS

Cassie Payne

½ cup raisins
4 cups flour
4 tsp. baking soda
½ tsp. nutmeg
4 cups grated carrots
1 cup nuts
6 eggs
1 Tbsp. grated orange rind
½ cup chopped dates
2 cups sugar
4 tsp. cinnamon
1 tsp. salt
2 grated apples
1 cup coconut
1½ cup oil
4 tsp. vanilla

Cover raisins & dates with hot water and soak for 30 minutes. Sift together flour, sugar, soda, cinnamon, nutmeg and salt. Drain raisins and dates and stir into flour mixture with carrots, apples, nuts and coconut. Whisk together remaining ingredients. Stir mixture into flour, etc. until batter is just combined. Pour into lined muffin tins and bake at 350° for 20-25 minutes.

GOOD MORNING COFFEE CAKE

Gaylene Zellmer

1½ cups self rising or all purpose flour
½ tsp. salt and 2 tsp. baking powder
½ cup sugar
½ cup milk
1 egg, beaten
3 Tbsp. vegetable oil

Streusel topping:
¼ cup flour
½ tsp. cinnamon
2 red apples, unpeeled and sliced
¼ cup sugar
2 Tbsp. butter

To make the cake, sift flour, sugar, salt and baking powder. In separate bowl, mix the egg and oil. Gradually add this liquid to the dry ingredients, stirring until the batter is smooth. Pour the mixture into a greased 8 inch square or 9 inch round pan. Set aside while you prepare streusel topping. To make topping, combine the flour, sugar and cinnamon in a bowl. Cut in the butter until the mixture resembles coarse crumbs. Sprinkle over the batter and arrange the apple slices in a circle on top. Bake at 400° for 25-30 minutes or until knife inserted in the center comes out clean. Serve hot.

CHEESE DANISH

Becky Payne

2 pkgs. (8 oz. each) cream cheese
3 eggs, separated
Ground cinnamon
2 tubes crescent roll dough
1½ cups sugar, divided
1 tsp. vanilla extract
1 cup chopped walnuts

Combine cream cheese, egg yolk, ¾ cup sugar and vanilla in a bowl. Mix with electric mixer on high until creamy, about 3 minutes; set aside.
Unroll 1 pkg. (8 oz.) of dough evenly in 9x13 inch pan, pressing down to close perforations. Spread cheese mixture evenly on dough. Unroll other package of dough evenly over filling. Whip egg whites with fork in small bowl until frothy; spread evenly atop dough. Sprinkle with remaining ¾ cup sugar, cinnamon for color, and nuts. Bake at 325° for 25 to 30 minutes. Allow to cool and set, then slice into bars. Makes 16 to 24 bars. Note: If desired, spread contents of 15 to 20 ounce can of pie filling (such as blueberry, cherry or lemon) on filling before adding top crust.

BUTTER WAFERS

Elizabeth Rickman

1 pkg. Rainbow Brown-n-Serve rolls
⅓ cup melted oleo
¼ tsp. salt

Mix oleo and salt together and set aside. Slice rolls into thin slices (⅓ to ¼ inch thick). Place on cookie sheet and brush with oleo mixture. Bake at 325° for 20 to 25 minutes, until beginning to turn light tan. Makes 5 to 6 dozen wafers. (You can use Pam butter flavor cooking spray in place of oleo and sprinkle with any flavored salt.)

SOUR CREAM BLUEBERRY-LEMON PANCAKES

Joan Barnes

1 cup minus 1 Tbsp. all-purpose flour
1 Tbsp. granulated sugar
1 tsp. baking powder
¼ tsp. salt
1 cup skim milk
¼ cup nonfat sour cream
¼ cup + 1 Tbsp. egg substitute
1 tsp. vanilla extract
1 Tbsp. + 2 tsp. margarine, melted
½ cup blueberries
Finely chopped zest of 1 lemon

1. In large bowl, combine flour, sugar, baking powder and salt; mix well.
2. In medium bowl, beat together milk, sour cream, egg substitute and vanilla.
3. Pour milk mixture over dry ingredients, and with a sturdy spoon, mix until batter is just smooth; stir in margarine. Gently fold in blueberries and lemon zest.
4. Spray non-stick skillet with non-stick cooking spray and set over medium heat; when hot, ladle a scant ½ cup of the batter into the pan to make a 6" pancake; when the top of the pancake is full of holes, flip the pancake and cook very briefly on the second side, just long enough to brown the second side. Slip onto plate and keep warm. Repeat with remaining batter.

PECAN PULL APARTS

Anita Barnes

2 (8oz) cans Crescent dinner rolls
½ cup melted oleo
⅓ cup finely chopped pecans
1 cup sugar
1¼ tsp. cinnamon

Separate dough into rectangles. Cut each rectangle in half lengthwise. Roll dough strips into ropes 12" long. Dip in oleo, coat with combined sugar, cinnamon and nuts. Grease 14" pizza pan. Starting at center of pan, loosely arrange ropes in spiral fashion. Bake at 375° for 20-25 minutes.

ROLLS

Mary Jane Gray

2¼ cup lukewarm water
2 pkg. yeast
1½ tsp. salt
½ cup Wesson oil
½ cup sugar
Flour

Dissolve yeast in ½ cup warm water and set aside. Then mix 1¾ cups warm water, sugar, oil, and salt. Add yeast mixture to this and work in enough flour for real stiff batter. Let stand for 1 hour to rise. After 1 hour, roll out like biscuits on greased cookie sheet and let rise for 1 more hour. Then bake (or pre-bake for later use). For pre-baking, bake at 400° until lightly browned, cool & freeze.

YEAST ROLLS

Robin McCool

3 to 3 ½ cups plain flour
¼ cup shortening
1 egg
¼ cup warm water
1 tsp. salt
¼ cup sugar
1 cup scalded milk

Soften yeast in warm water. Combine milk, sugar, oil and salt. Cool to lukewarm. Add 1½ cups of flour, beat well. Beat in yeast and egg. Gradually add remaining flour to form soft dough, beating well. Place in greased bowl turning once to greased surface. Cover and let rise until double (1½ to 2 hours). Turn onto a lightly floured surface and shape as desired. Cover and let shape roll rise until double (30 to 45 minutes) Bake on a greased sheet at 400° 12 to 15 minutes.

SOUR MILK PANCAKES

2 cups sour milk
2 Tbsp. oil
1 tsp. sugar
½ tsp. soda
2 or 3 eggs
2 cups flour
1 tsp. baking powder
1½ tsp. salt

Beat all ingredients together until well mixed. Makes about 16 cakes.

ANGEL BISCUITS

Sarah Truitt

5 cups flour
3 tsp. baking powder
1 tsp. baking soda
½ cup Wesson oil
¼ cup sugar
1 tsp. salt
2 pkg. dry yeast
2½ cups buttermilk

Mix dry ingredients, add milk & oil. Place dough in storage bowl, cover and refrigerate 2 or 3 hours. Pinch off biscuits and bake at 425° until done, about 12-15 minutes. Dough will keep in refrigerator about a week.

QUICK BUTTERMILK ROLLS

Dot Blair

1½ cup buttermilk
½ tsp. soda
1 tsp. salt
¼ cup melted shortening (or oil)
2 pkg. yeast
¼ cup sugar
¼ cup warm water
4½ cups flour

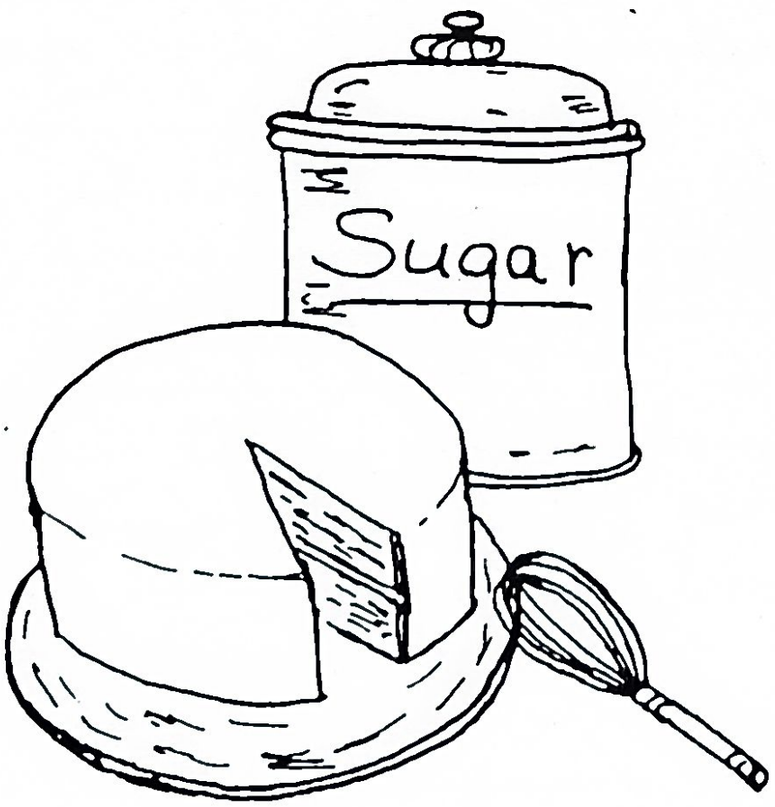
Scald milk in a double boiler. Dissolve yeast in warm water and add sugar and oil to warm milk and this will help cool it. Add yeast and water when milk is lukewarm. Add salt and soda which have been mixed to flour. (Save about ½ cup flour to roll out dough - more of the ½ cup may be added to dough if you think it is needed, but dough needs to be as soft as you can handle.) After mixing, let stand for 10 minutes. The roll and cut into desired shapes. Put into a pan and butter the top. Cover with cloth and let rise 30 minutes or until doubles in size. Bake 425° for about 12 to 15 minutes.

HUSH PUPPIES

½ cup corn meal
1 tsp. salt
1 small onion, diced
½ cup flour
¾ cup milk
1 egg, well beaten

Mix dry ingredients. Pour in milk and egg. Mix again and add onion. Mix again. Batter comes out thin. Fry in deep fat or oil.

Desserts



FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

EASY CHOCOLATE PIE

Anita Barnes

3 Tbsp. cocoa
3 Tbsp. flour or cornstarch
1 cup sugar
1 tsp. vanilla
1½ cup milk
3 egg yolks
2 Tbsp. butter

Combine cocoa, flour (or cornstarch) and sugar together. Combine separately the milk and egg yolks. Blend all ingredients in saucepan and cook until thick. Remove from heat and add 2 Tbsp. butter and 1 tsp. vanilla. Pour into pie shell (either baked or Graham cracker) and top with beaten egg whites. Brown meringue and when completely cooled to room temperature, chill in refrigerator.

MIRACLE CREAMY CHOCOLATE PIE

Dot Gray

1 cup sugar
1 cup water
1½ Tbsp. cocoa
3 Tbsp. butter
3 Tbsp. flour
1 Tbsp. vanilla
3 eggs

Mix sugar, flour and cocoa. Beat eggs and add to dry mixture slowly, alternating with water. Add butter and vanilla. Cook over fire in double boiler until thick. Pour in baked pie shell. Top with meringue and brown.

CHOCOLATE PIE

Karen Lantrip

1 cup Sugar
3 Tbsp. cocoa
¼ stick butter (or margarine)
1 tsp. vanilla
3 egg yolks*
2 Tbsp. flour
¼ tsp. salt
1¼ cup milk

Cook in iron skillet until thick. Pour into baked pie shell.
* Mix egg Yolks in separate bowl. When mixture begins to thicken, then add eggs, blending in slowly while stirring rapidly.

Meringue:

Use remaining 3 egg whites
½ tsp. vanilla
¼ cup sugar
¼ teaspoon cream of tartar

Mix egg whites and vanilla until stiff peaks form. Slowly add sugar continuing to mix just until blended. Add cream of tartar just until blended. Top pie. Bake in 350° oven until meringue browns.

CHOCOLATE PIE

Joanne Hebert

¾ cup sugar
¼ cup cocoa
1 cup warm water
1 tsp. vanilla
2 Tbsp. self rising flour
3 Tbsp. oleo
2 egg yolks

Mix all dry ingredients. Add well beaten egg yolks, water and oleo. Cook on medium heat until thick. Place in baked pie shell and top with meringue (2 egg whites with blender and sugar added).

CHOCOLATE SILK PIE

Debbie Sykes

1 stick margarine
2 (1oz) squares unsweetened chocolate (use melted Nestles)
¾ cup sugar
3 eggs
1 tsp. vanilla
Cool Whip
Pecans
Graham cracker crust

Cream butter in mixer. Add sugar gradually. Beating after each addition, add chocolate, beating after each addition. Add vanilla. Add eggs, one at a time, beating for 3 minutes after each addition. Pour into graham cracker crust. Let set in refrigerator for 2 hours. Add cool whip topping and sprinkle pecans over top.

CHOCOLATE CHESS PIE

Joni Evans

2 eggs
Pinch of salt
¼ cup butter
1½ cups sugar
3 Tbsp. Cocoa
1 small can Pet milk

Mix sugar and cocoa. Add other ingredients. Blend and pour into a pie shell. Bake at 325° for 45 minutes. Makes 1 pie.

PECAN PIE

Mary Jane Gray

1 cup chopped pecans
3 eggs
½ cup sugar
2 Tbsp. corn meal
1 cup light Karo
⅛ tsp. salt
¼ cup butter
1 tsp. vanilla

Beat eggs and add sugar, Karo, salt, corn meal, vanilla, butter and pecans. Mix well and pour into pie shell and bake at 250° until done.

PECAN PIE

Joanne Hebert

3 eggs, well beaten
¼ cup oleo, melted
Dash of salt
1 tsp. vanilla
½ cup white corn syrup
1 cup sugar
½ cups pecans
Unbaked pie shell

Mix all ingredients together, adding pecans last. Place in pie shell and cook for 30-45 minutes on medium heat (350-375°).

FRENCH RAISIN PECAN PIE

Mary Jane Gray

3 eggs
1 stick butter
1 cup sugar
1 cup coconut
1 cup raisins
1 cup pecans
1 tsp. vanilla

Beat eggs with sugar. Add the other ingredients. Mix well and pour into unbaked pie shell. Bake at 350° for 1 hour.

MILLIONAIRE PIE

Margaret Bloodworth

1 can Eagle brand milk
½ cup lemon juice
½ cup chopped pecans
1 large can crushed pineapple, drained
1 large can fruit cocktail, drained
1 container Cool Whip
2 Graham cracker crusts

Whip Eagle brand milk, lemon juice & cool whip together. Add remaining ingredients and pour into 2 graham cracker crusts. Refrigerate.

MILLIONAIRE PIE

Joanne Hebert

1 can drained crushed pineapple
1 can mandarin oranges, cut up
1 bottle cherries, cut up
1 medium container Cool Whip
Pecans
¼ cup lemon juice
1 can Eagle brand milk

Mix all ingredients together and makes 2 pie shells.

MILLION DOLLAR PIE

Mary Jane Gray

1 can Eagle Brand milk
1 can crushed pineapple
1 can Angel Flake coconut
2 graham cracker pie crusts
1 (9oz) pkg. Cool Whip
⅓ cup lemon juice
1 cup pecans

Mix above ingredients and add ⅓ cup lemon juice. Pour into graham cracker pie crust and cool.

FRESH PEACH PIE

Linda Buford

¾ cup sugar
2 Tbsp. cornstarch
4 or 5 fresh peaches*
1½ cups water
1 pkg. (3oz) peach Jell-O
Cooked pie crust

Mix sugar, cornstarch, water & jello together. Cook in small pan until thick. Place peaches in cooked pie crust and pour liquid over the top. Place in refrigerator until firm. (*peeled and quartered.)

FRESH STRAWBERRY PIE

Mary Jane Gray

1½ cups sugar
3 pts. fresh strawberries
1 large container Cool Whip
1 (6oz) box strawberry Jell-O
¼ cup cornstarch
Dash of salt
1½ cups water
2 baked pie shells

Combine sugar, cornstarch and water in boiler and cook until mixture thickens. Add salt. Remove from heat and add Jell-O, stirring well. Set in refrigerator to cool. Put strawberries upright in baked pie shells. Pour cooled mixture over strawberries. Top with Cool Whip (may substitute whipped cream) before serving.

STRAWBERRY PIE

Linda Pounders

1½ cup sugar
1½ cup water
Red food coloring
¼ cup corn starch
1 box strawberry Jell-O

Boil all the above until clear. Remove from heat, add red food coloring and 1 box strawberry Jell-O. Let cool. Place berries in baked pie crust. Pour mixture over berries and place in refrigerator. Top with Cool Whip.

HEAVENLY PIE

Mary Jane Gray

1 cup graham cracker crumbs
1 can condensed milk

Pecans
2 or 3 bananas
½ stick oleo, softened
4 oz. Box Cool Whip

Mix cracker crumbs and oleo and press into pie plate. Slice bananas on top of crust. Sprinkle a few pecans on this. Now spread milk over bananas. Sprinkle with more pecans. Top with Cool Whip. Sprinkle a few pecans around on top.

BLUEBERRY CREAM PIE

Mary Jane Gray

2 cups powdered sugar (1 box)
1 can blueberry pie filling
1 (8oz) pkg. cream cheese
2 pkg. Dream Whip
2 cooked pie shells

Whip sugar and cream cheese and set aside. Whip Dream Whip according to package directions. Fold 2 mixtures together and put into pie shells. Top with blueberry pie filling.

CONCRETE PIE

Gaylene Zellmer

3 egg whites
½ tsp. vanilla
1 cup sugar
14 Ritz crackers
¾ cup pecans
½ tsp. baking powder

Beat egg whites until frothy, add baking powder and beat until stiff. Add sugar and vanilla. Fold in crumbled crackers and chopped nuts. Bake in well greased pie pan, for 30 minutes at 300°. Note: Pie will naturally fall and crack.

IMPOSSIBLE COCONUT PIE

Robin McCool

¼ cup flour
4 eggs
1 cup coconut
1 tsp. vanilla flavoring
1 cup sugar
2 cups milk
¼ cup margarine

Mix your sugar and margarine together first. Then all your eggs, flour and milk. Mix all these together until smooth. Add coconut and vanilla flavoring. Mix well and pour into your plate. Bake at 350° until golden brown in a 9 inch pie plate.

PAPA BLAIR'S COCONUT PIE

Katie Warren

1¼ cup sugar
¼ cup buttermilk
1 tsp. vanilla
¾ stick margarine
1 can coconut
3 eggs

Mix and pour into unbaked deep dish pie shell. Bake 10 minutes at 375° and 20 minutes at 300° or until firm in center.

FROZEN STRAWBERRY-YOGURT PIE

Janice Bell

2 (8oz) vanilla yogurt
2 cup sweetened strawberries*
8oz. Cool Whip
1 crust

Fold yogurt into Cool Whip. Blend well. Fold in strawberries. Spoon into crust. Freeze till firm about four hours. Remove from freezer 30 minutes before serving and keep chilled in refrigerator. Garnish with additional whole strawberries. (*Diced, sliced or finely chopped.)

PINEAPPLE PIE

Janice Bell

1 can sweetened condensed milk
1 can (6 oz) frozen pineapple juice concentrate
1 carton (8 oz) frozen whipped topping
Food coloring (optional)
1 ready to eat pie crust

Combine milk and juice concentrate. Fold in topping & food coloring. pour into pie shell. Freeze. Defrost slightly before serving. Variation - substitute lime, pink lemonade, lemon, cranberry, orange or tangerine for pineapple

DUTCH APPLE PIE

Twila Presley

1 prepared Graham Cracker Crust
1 beaten egg yolk
5½ cup sliced, cored & peeled cooking apples
1 Tbsp. lemon juice
½ cup sugar
¼ cup light brown sugar, packed firm
3 Tbsp. all-purpose flour
¼ tsp. salt
½ tsp. cinnamon
¾ cup all-purpose flour
¼ cup sugar
¼ cup brown sugar
⅓ cup margarine

Take beaten egg yolk and brush sides and bottom of pie crust and bake 5 minutes in a 375° oven. Combine apples, lemon juice, sugar, brown sugar, flour, salt & cinnamon and mix well. Spoon into pie crust. Mix remaining ingredients with a fork or pastry blender until crumbly. Sprinkle topping mixture evenly over apples mixture. Bake on baking sheet until topping is golden & filling is bubbling. About 50 minutes. Cool on wire rack.

APPLE PIE

Glynda Warren

½ cup butter
3 tsp. baking powder
¾ cup milk
¾ cup flour
1 cup sugar
1 cup apple pie filling

Melt butter in skillet. Make batter and pour over butter. Add pie filling to top batter. Put in place. Bake at 350° for 45 minutes. Try cinnamon or brown sugar sprinkled on top.

REFRIGERATOR NUT COOKIES

Janice Bell

1 stick soft butter
2 tsp. soda
1¾ cup sifted all purpose flour
1 tsp. vanilla
1 cup sugar
½ tsp. salt
½ cup chopped nuts
1 egg

Cream butter and sugar till fluffy. Beat in vanilla and egg. Sift dry items together. Add nuts. Gradually add to sugar mixture beating well. Shape in long rolls. Chill. Slice. Bake in 400° oven.

UNBAKED CHOCOLATE COOKIES

Twila Presley

2 cups sugar
1 stick of margarine or butter
3 cups uncooked oatmeal
¼ cup cocoa
½ cup milk
½ cup peanut butter

Mix sugar, cocoa, milk and butter and boil for 1 minute. Remove from heat and pour over (stirring well while pouring) uncooked oatmeal and peanut butter. Drop by teaspoons onto wax paper or spread wax paper over a cookie sheet and pour batter onto sheet. When almost cool, the sheet (if that is the way you cooled it) cookie mix can be cut into 1 inch pieces.

PEANUT BUTTER COOKIES

Twila Presley

1 cup butter
1 cup white sugar
1¼ cups peanut butter
1 tsp. vanilla
2 Tbsp. water
1 cup brown sugar
2 eggs, beaten
1½ cups flour
1 tsp. baking soda

Cream butter with brown and white sugar, add eggs and peanut butter. Fold in flour, vanilla and baking soda dissolved in 2 Tbsp. of water. Make into walnut size balls, place on cookie sheet about 2 inches apart. Bake at 350° for about 12 minutes. Cookies will be soft.

OATMEAL COCONUT COOKIES

Twila Presley

2 eggs
1 cup white sugar
1 cup coconut
2 cups flour
1 tsp. soda
1 tsp. vanilla
1 cup brown sugar
1 cup shortening
3 cups quick oatmeal
1 tsp. baking powder
½ tsp. salt
1 cup chopped nutmeats

Beat eggs; add sugars and shortening. Add coconut, nuts and vanilla. Sift and measure flour, add salt, baking powder, soda, sift and add to first mixture. Add oatmeal and mix thoroughly. Roll into small balls, and press with fork. Bake at 375° for 9 minutes or until brown.

SPICY OATMEAL RAISIN COOKIES

Linda Pounders

1 pkg. Duncan Hines Moist Deluxe spice cake mix
1 cup quick cooking oats (not instant or old fashioned)
2 eggs
½ cup Crisco oil or Crisco Puritan oil
½ cup raisins

1. Preheat oven to 350°. Grease baking sheets.
2. Combine cake mix, oats, eggs & oil in large bowl. Beat at low speed with electric mixer until blended. Stir in raisins. Drop by rounded teaspoons onto baking sheet. Bake at 350° for 7-9 minutes or until lightly browned. Cool 1 minute on baking sheet. Remove to cooling rack. Tip: You can use other cake mix flavors in place of spice cake mix.

SNICKERDOODLES COOKIES

Anita Barnes

½ cup butter, softened
1½ cups sugar
2¾ cup self-rising flour
2 tsp. cinnamon
½ cup shortening
2 eggs
2 Tbsp. sugar

PUMPKIN PIE

1 large can pumpkin
1 can Pet milk + 2 cups milk
Pumpkin pie spice
2 cups brown sugar
6 eggs
1 tsp. vanilla

Put pumpkin, milk, eggs, pumpkin pie spice and vanilla in large bowl. Mix well with mixer. Pour in unbaked pie shells. Bake at 350° for 15 minutes, then turn oven to 400° for 15 minutes. Makes 2 pies.

FRUIT COBBLER

Sarah Truitt

1 cup sugar
2 tsp. baking powder
1 cup flour
½ cup margarine
Dash of salt
¾ cup milk
2 cups fruit or berries

Melt margarine in a pan. Make a paste of the sugar, salt, baking powder, milk and flour and pour over margarine. Place fruit on top, adding any remaining juice; bake in oven at 350° until golden brown. You can use fresh or canned fruit. Fresh berries are delicious. A fast and easy way to make a cobbler.

QUICK COUNTRY COBBLER

Debbie Sykes

1 stick margarine
1 cup self-rising flour
1 large can fruit
1 cup sugar
¾ cup milk

Melt the margarine in a 9x13 baking dish. Mix the sugar, flour and milk together and pour over butter. Pour fruit over flour mixture (DO NOT STIR). Bake at 375° in metal pan or 350° in glass pan for 45 to 50 minutes. For fresh fruit, use 1 qt. and 1 to 1½ cups sugar. Let stand in sugar mixture. For frozen blueberries, add 1 cup sugar and ½ cup water. Bring to a boil for about 1 minute. Spoon blueberries over flour mixture. If more liquid is needed add a little water. Pour over the blueberries.

MISSISSIPPI MUD CAKE

Gaylene Zellmer

1 cup shortening
1⅓ cups flour
4 eggs
3 tsp. vanilla
⅓ cup cocoa
1 cup chopped nuts
2 cups sugar
¼ tsp. salt

Cream shortening and sugar. Add eggs and beat. Sift flour, cocoa and salt and add to mixture. Add vanilla and nuts. Pour mixture into 9x13 pan. Bake at 300° for 40-45 minutes. Leave in pan and while hot, cover with miniature marshmallows.

Icing:

⅓ cup cocoa
1 tsp. vanilla
½ cup Pet milk
1 stick butter
1 box powdered sugar
1 cup chopped nuts

Mix and spread over melted marshmallows.

MEXICAN FRUIT CAKE

Tammy Davis

2 cups sugar
2 tsp. soda
1 cup chopped nuts
1 (20 oz) can crushed pineapples - not drained
2 cups flour
2 eggs

Mix all together until well blended, spread in a 9x13 pan. Bake at 350° approximately 45 minutes. While cake is baking mix together the following:

1 stick butter (room temperature)
8 oz. cream cheese (room temperature)
2 cups powdered sugar
1 tsp. vanilla.

Pour over hot cake.

POPPY SEED CAKE

Mary Marsh

1 box Duncan Hines Butter Recipe mix
1 cup sour cream
¾ cup oil
4 eggs
½ cup sugar
¼ cup water

Mix together on medium speed for 4 minutes. Fold in poppy seeds. Bake for 45 minutes - 1 hour at 350° or until top is brown and cake is firm to touch. Cool slightly before turning onto plate.

JAPANESE FRUIT CAKE

Mary Jane Gray

2 cups sugar
1 tsp. soda
1 tsp. allspice
1 cup Crisco
1 tsp. vanilla
½ tsp. nutmeg
4 eggs
3 cups plain flour
1 tsp. cinnamon
1 cup buttermilk
2 cups raisins
1 tsp. cloves

Frosting:
5 cups sugar
2 grated oranges
1 can crushed pineapple
1 grated coconut
1 grated lemon

Mix sugar, Crisco, eggs, buttermilk, soda, vanilla and flour. Use half of this batter to make 2 thin layers. Add raisins, allspice, nutmeg, cinnamon and cloves to remaining batter. Pour into 2 layers. Bake at 325° until done. Alternately stack light and dark layers to frost. For frosting, mix all ingredients and cook 10 minutes. Cool and spread on cake.

APPLESAUCE CAKE

Karen Lantrip

½ cup margarine
½ tsp. cloves
½ tsp. nutmeg
1 cup sugar
1 tsp. cinnamon
½ cup raisins

½ cup nuts
1½ cup hot applesauce
½ tsp. salt
1 tsp. baking soda
2 cup plain flour

1. Blend margarine and sugar
2. Add hot applesauce
3. Sift all dry ingredients together
4. Add to above mixture (1&2)
5. Bake on 350° for 30-35 minutes. (Bake in 9x9 cake pan)

FRESH APPLE CAKE

Janice Bell

1 cup oil
3 cups all purpose flour
1 tsp. soda
1 tsp. cinnamon
3 cup chopped apples
2 cups sugar
2 eggs
½ tsp. salt
2 tsp. vanilla

Combine oil & sugar. Add eggs. Mix dry items & add to 1st mixture. Add vanilla & apples. Bake in well greased 13x9x2 pan for 55 minutes at 300°. For icing, use some recipe as icing for Fruit Cocktail Cake.

FRESH APPLE CAKE

Tom Blair

3 cups plain flour
1 tsp. baking soda
2 cups packed brown sugar
4 cups cored, grated apples
1 cup chopped pecans
2 tsp. cinnamon
½ tsp. salt
1½ cups vegetable oil
3 eggs
2 tsp. vanilla

Preheat oven to 350°. Grease and flour a 10-inch Bundt pan. Combine flour, cinnamon, soda and salt; set aside. Beat together sugar, oil and eggs in large bowl. Add flour mixture gradually. Stir in apples, pecans and vanilla. Pour batter into prepared pan. Bake 50 to 55 minutes or until toothpick inserted near center comes out clean. Cool on wire rack 10 minutes before removing from pan. Finish cooling on wire rack. Drizzle with Butter Pecan Glaze. (Recipe below)

BUTTER PECAN GLAZE

Tom Blair

¼ cup butter or margarine
¾ cup packed brown sugar
⅛ tsp. orange extract (optional)
½ cup pecan halves
¼ cup whipping cream
¼ cup corn syrup

Melt butter or margarine in small saucepan; add nuts. Cook over medium heat, stirring constantly until nuts are toasted, about 1 minute. Mix in brown sugar, cream and corn syrup. Bring to a rolling boil and cook about 2 minutes, stirring constantly. Remove from heat and blend in orange extract. Cool until thickened. Drizzle over Fresh Apple Cake (above). Extra glaze may be spooned over individual slices, if desired. Makes 2 cups.

CARROT CAKE

Gaylene Zellmer

2 cups sugar
1 cup oil
2 cups all purpose flour
2 tsp. soda
4 eggs
3 cups grated carrots
2 tsp. cinnamon
1 tsp. salt

Mix every thing with mixer except carrots. Stir them in last. Divide batter evenly between 3 greased and floured cake pans. Bake 350° for 25-30 minutes.

Frosting:
1 (8oz) pkg. cream cheese
1 box powdered sugar
¾ cups pecans
1 stick butter
1 tsp. vanilla

Mix together and spread over cake.

COCONUT CAKE

Jeannie Bell

1 box yellow butter recipe cake mix
12 oz. Cool Whip

2 pkgs. frozen coconut
1 can eagle brand milk
Evaporated milk

Bake cake according to directions in 9x13 inch pan. As soon as it come out of the oven, poke holes all over the cake with a fork. While still hot, pour Eagle brand milk over top. Let cool, top with cool whip and sprinkle with coconut on top.

COCONUT CAKE

Twila Presley

1 box Duncan Hines Yellow Cake Mix
1 (8oz) carton sour cream
2 cups sugar
12 oz. frozen coconut
1 (4oz) carton frozen Cool Whip

Bake cake according to directions. Let cool well then split layers cross-wise making 4 layers of cake. Mix sour cream, sugar, and frozen coconut. Put aside 1 cup of the mixture for icing the cake. Spread the remaining mixture between layers of the cake. You will probably need to use toothpicks to hold cake together. Using Cool Whip and 1 cup of mixture that was held back, mix well and spread on top and sides of cake. Refrigerate 2 to 3 days before using. You may need to take a knife and re-spread the sides and top of cake because it tends to run down within the first 24 hours or so.

JELL-O CAKE

Katie Warren

1 box white cake mix
1 large pkg. strawberry Jell-O
1 large carton Cool Whip

Mix cake according to directions on box; bake. Immediately after removing from oven, poke cake full of holes with an ice pick. Mix
Jell-O, using the hot water only. Pour Jell-O over cake, allowing it to soak in. Let cake cool. Top with Cool Whip. Chill.

FRUIT COCKTAIL CAKE

Janice Bell

1½ cup sugar
2 eggs
½ tsp. salt
2 can fruit cocktail
2 cups flour
2 tsp. soda

Mix together. Drain ½ cup juice off fruit cocktail. Mix with ¼ cup brown sugar. Pour over cake before cooking.

Icing:
¾ cup sugar
1 stick butter
½ cup canned milk
½ tsp. vanilla

Bring sugar, butter & milk to a boil. Cook for 2 minutes. Remove from heat. Add vanilla. Pour over top cake while still warm.

LEMON SUPREME SPECIAL

Twila Presley

1 lemon supreme cake mix
1 cup apricot nectar
½ cup oil
4 eggs
½ cup sugar

Glaze:
1 cup powdered sugar
1 lemon, juiced

Mix cake mix, sugar, oil and nectar. Add 1 egg at a time, mixing well. Pour into a sprayed, or coated with shortening and flour, tube pan. Bake in a 325° oven for an hour. Mix the sugar and lemon juice and pour over cake after it is removed from the oven while still warm.

LEMON-LIME JELLO CAKE

Twila Presley

1 box Duncan Hines Deluxe Lemon cake mix

¾ cup oil
4 eggs
1 large box lime Jell-O mix
¾ cup hot water

Glaze:
½ cup lemon juice
1 lb. confectioners powdered sugar

Combine cake mix with oil and eggs. Dissolve Jell-O with hot water, mix well and combine with cake mixture. Place in a floured-greased tube pan and bake at 350° for one hour. Leave in tube pan and punch holes in cake with long-pronged fork or ice pick. Mix together the powdered sugar and lemon juice and pour over the cake. BE SURE AND NOT TAKE THE CAKE OUT OF THE TUBE PAN. Return to warm oven (just after having turned OFF for 5 minutes. Leave cake in pan until cold or about one hour before removing and slicing. Any cake not eaten, must be refrigerated. VERY GOOD AND RICH.

CHOCOLATE ECLAIR CAKE

Twila Presley

2 large pkgs. vanilla instant pudding
3 cups milk
1 cup powdered sugar
1 (9oz) carton frozen whipped topping
1 box graham crackers
Chopped nuts (optional)

Beat until smooth, vanilla instant pudding, milk and powdered sugar. Fold in frozen whipped topping. Lightly oil in a 9 in x 13 inch cake pan. Place a layer of whole graham crackers on bottom of cake pan. Top with half of pudding mixture and another layer of crackers. Top with balance of pudding mixture and finish with another layer of crackers. Top with chocolate icing. Sprinkle with chopped nuts if desired.

EASY CHOCOLATE CAKE

Betty Riley

2 cups self-rising flour
2 cups sugar
½ cup oil
½ cup buttermilk*
1 tsp. soda
4 Tbsp. cocoa
1 stick oleo
1 cup water
2 eggs
1 tsp. vanilla

Mix together the flour, cocoa and sugar. Then bring to a boil, the oleo, oil and water. Pour this over the first dry mixture. Then add buttermilk, eggs, soda and vanilla. Bake in 350° oven in an oblong pan for about 30 minutes or until toothpick test is clear. (*can be substituted for ½ cup milk with 1½ tsp. vinegar.)

Frosting:
1 box confectioners sugar
1 stick oleo
Milk
3 Tbsp. cocoa
1 tsp. vanilla

Mix the sugar, oleo, cocoa and vanilla together. Add 5 or 6 Tbsp. of milk to make frosting spreadable. Put this on cake as soon as it is done.

BANANA SPLIT CAKE

Tammy Davis

2 cups graham cracker crumbs
1 stick margarine (melted)
2 sticks margarine (softened)
2 cups powdered sugar
2 eggs
1 tsp. vanilla
3 large bananas
1 can crushed pineapple (drained)
1 large container Cool Whip
Chopped nuts and/or cherries (if desired)

Combine graham cracker crumbs and melted butter in 9x13 pan. Mix softened margarine, powdered sugar and eggs in large bowl and beat until fluffy. Spread over crumbs. Slice bananas and lay on sugar mixture. Spread pineapples over bananas. Spread

Cool Whip over pineapples. Sprinkle with nuts and cherries. Then chill until ready to serve.

WEIGHT WATCHERS BANANA SPLIT CAKE

Katie Warren

Layer in a 9x13 pan:

16 whole graham crackers
2 small boxes sugar-free instant vanilla pudding, prepared as on box
1 cup drained, crushed pineapple
2 medium bananas, sliced
2 cups sliced strawberries
Small container Lite Cool Whip

Refrigerate!

DUMP CAKE

Tammy Davis

2 (21oz) cans cherry pie filling
1 (20oz) can crushed pineapple and juice
1 (18½ oz) box of yellow cake mix
2 sticks of butter (melted)
1½ cups chopped nuts

Preheat over to 350°. Spread cherry pie filling in greased 9x13 pan, then cover with pineapples and juice. Sprinkle dry cake mix over cherries and pineapples. Pour melted butter over dry cake mix. Sprinkle with nuts. Bake about an hour. Top with whipped cream, cool whip or ice cream.

EASY POUND CAKE

Dot Blair

3 cups plain flour
6 eggs
8 oz. cream cheese
3 sticks margarine
3 cups sugar
2 tsp. vanilla extract

Put into Bundt cake pan. Put into cold oven and heat to 300°. Bake 1½ hours.

PINA COLADA CAKE

Sue Riley

1 box yellow cake mix
1 small can cream of coconut
1 can sweetened condensed milk
1 tub of Cool Whip
1 small can crushed pineapple

In a layer sheet cake pan, bake cake as directed. Pierce cake in close rows with toothpick. Pour coconut, milk and pineapple over. Allow to soak in as long as possible and refrigerate. Serve with a large scoop of Cool Whip. Enjoy!

OREO DIRT CAKE

Linda Buford

1 large pkg. Oreo cookies
1 (8oz) cream cheese
1 large pkg. Vanilla instant pudding
⅓ cup sugar
1 (12oz) tub Cool Whip

Crush Oreo cookies. Put ½ in bottom of 9x13" pan. Make pudding by directions on box. Mix cream cheese and sugar together. Add Cool Whip to the cream cheese and pudding. Pour this over layer of crumbs. Put rest of cookie crumbs on top. Refrigerate overnight.

ORANGE SLICE CAKE

Debbie Sykes

2 cups pecans
1 lb. pkg. orange slice candy
1 can angel flake coconut
1 cup butter (oleo)
2 cups plain flour
1 cup candied cherries
1 (8oz) pkg. dates
1 tsp. soda
½ cup buttermilk
4 eggs
1½ cups sugar

Chop nuts, dates, and orange candy, add coconut. Melt butter and pour over mixture, stir until butter is mixed thoroughly. In mixer bowl, mix sugar, eggs, flour, soda and buttermilk. Pour over first mixture. Mix well. Bake at 275° in 2 loaf pans or 10 inch angel food pan about 2 hours. Let stand in pan until cold before removing. Use glaze if desired. (It is not necessary to chop pecans as they slice nice.)

HAYE'S HERO COOKIES

Mary Marsh

1 cup Karo white syrup
1 cup creamy peanut butter
1 cup sugar
5 cups Frosted Flakes

Combine syrup and sugar in saucepan. Stir, bringing to a boil. As soon as mixture boils, add peanut butter. Stir until smooth. Remove from heat and pour over frosted flakes. Stir to coat frosted flakes. Spoon out onto wax paper. Best if stored in refrigerator.

MAGIC COOKIE BARS

Lonnie Rinkle

½ cup margarine or butter
1½ cups graham cracker crumbs
1 (14oz) can Eagle Brand Sweetened Condensed Milk (NOT evaporated milk)
1 (6oz) pkg. semi-sweet chocolate chips
1 (3½oz) can flaked coconut (1⅓ cups)
1 cup chopped nuts

Preheat oven to 350° (325° for glass dish.) In 13x9-inch baking pan, melt margarine in oven. Sprinkle crumbs over margarine; pour sweetened condensed milk evenly over crumbs. Top with remaining ingredients; press down. Bake 25 to 30 minutes or until lightly browned. Cool. Chill if desired. Cut into bars. Store loosely covered at room temperature.(Makes 24 to 36 bars)

CRAZY CRUST APPLE PIE

Twila Presley

1 cup all-purpose flour
1 tsp. baking powder
¾ cup water
1 egg
2 Tbsp. sugar
½ tsp. salt
⅔ cup solid shortening

Filling:
1 can (1lb. 5oz) apple pie filling
1 Tbsp. lemon juice
½ tsp. apple pie spice or cinnamon

In small mixer bowl, combine flour, sugar, baking powder, salt, water, shortening and egg. Blend well at lowest speed; beat 2 minutes at medium speed. Spread batter in 9 or 10 inch deep dish pie pan. Carefully spoon filling* into center of batter. Do Not Stir Bake at 425° for 40 to 45 minutes until crust is golden brown. (For use of self-rising flour, omit baking powder and salt.) *To make the filling, combine all ingredients in a mixing bowl.

For Pumpkin Pie: in mixing bowl, combine 1 can (1lb.) cooked pumpkin, 3 cups sugar, ½ t. salt, ½ tsp. cinnamon, 1 can (5⅓ oz.) or ⅔ cups evaporated milk and 1 egg. Use a rotary beater, beat until well blended.

For Mincemeat Pie: in mixing bowl, combine 1 can (1lb. 5 oz) mincemeat pie filling, 1 Tbsp. lemon juice and ½ tsp. cinnamon. Mix well.

CHEESE PIE

Twila Presley

½ stick butter
2 egg yolks
2 Tbsp. corn meal
1 Tbsp. vanilla
¼ tsp. cream of tartar
1 cup sugar
2 Tbsp. flour
1 cup milk
Egg whites

Cream butter and sugar and add well-beaten egg yolks, meal, flour, milk and vanilla. Mix well. Bake in uncooked pie shell for 45 minutes at 350-375°. Beat egg whites with cream of tartar until stiff, then add 4 Tbsp. sugar. Continue beating until stiff. Spread over cooled pie filling and brown in 350° oven. Serves 6.

SUGARLESS APPLE PIE

Elizabeth Rickman

6 medium red Delicious apples, peeled and sliced
1 can (6oz.) frozen apple juice with no sugar added, thawed
1½ Tbsp. cornstarch
1 tsp. cinnamon
3 Tbsp. margarine
Whole Wheat Pie Crust

Place apples and undiluted apple juice in a large pan. Bring to boil, reduce heat and simmer covered, about 5 minutes. Dissolve cornstarch in a small amount of water. Gently stir cornstarch into apple mixture. Bring to a boil, reduce heat and simmer covered 10 to 15 minutes or until apples begin to soften and mixture is thickened. Gently stir in cinnamon. Fill pastry shell with apples. Use a 10-inch pie plate with sides about 2 inches deep. Dot margarine over to of apple mixture. Cover pie with a top crust which has been pricked with a fork in several places to allow steam to escape. Bake in oven preheated to 350° about 45 minutes or until crust is golden brown and filling is bubbly. (Baking time will vary, depending on the thickness of the apple slices.)

KEY LIME PIE

Debbie Sykes

1 (8oz) can condensed milk **7 Tbsp. Lime juice**
3 egg whites beaten

Fold ingredients together, place in graham cracker crust. Set in freezer overnight.

Heat oven to 400°. Mix thoroughly butter, shortening, 1½ cups sugar, and the eggs. Blend in flour. Shape dough by rounded teaspoonfuls into balls. Mix 2 Tbsp. sugar and the cinnamon; roll balls in mixture. Place 2 inches apart on a greased baking sheets. Bake 8 to 10 minutes or until set. Then immediately remove from baking sheet.

COWBOY COOKIES

Debbie Sykes

1 stick butter at room temperature
1 cup brown sugar
1 cup white sugar
1 tsp. soda
½ tsp. baking powder
½ tsp. salt
2 cups oats
Nuts to taste
2 eggs
Chocolate chips
2 cups flour plain

Combine until creamy with mixer, butter sugar and eggs. Sift together flour, baking soda, baking powder, salt. Add to cream mixture. Mix well. Stir in oats, chips, and nuts by hand. Drop by rounded teaspoon onto cookie sheet. Bake at 325-350° for 8-10 minutes.

CHOCOLATE DESSERT

Linda Pounders

1½ stick melted butter
3 Tbsp. sugar
8 oz. cream cheese
1 tsp. vanilla
1½ cup plain flour
½-1 cup chopped nuts
1½ cup powdered sugar
9 oz. Cool Whip*
1 large pkg. Jell-O Instant Choc. Pudding (only use 2 ¾ cup milk.)

Mix together the butter, flour, sugar and nuts. Pat with fingers into a 9x13 inch pan and bake at 350° till light brown. Mix the cream cheese, powdered sugar, vanilla and Cool Whip and put on cooled crust. Top with pudding, then more Cool Whip and chopped nuts. *(or use one-half of a 13 oz. container). Variation - make first two layers and top with cherry pie filing or any other type you desire.

ICE CREAM DESSERT

Gaylene Zellmer

¾ cup vanilla wafers, crushed
2 quarts unsweetened chocolate
⅔ cup butter
2 cups powdered sugar
2 eggs
1 tsp. vanilla
1 cup chopped pecans
½ gallon ice cream (your favorite flavor)
Chocolate syrup

Place vanilla wafers in an ungreased 9x13 pan or Tupperware container. Melt unsweetened chocolate and butter over low heat. Add powdered sugar, 2 egg yolks, slightly beaten, vanilla and chopped pecans. Fold in 2 egg whites stiffly beaten. Pour mixture over crumbs and chill while softening ½ gallon of ice cream. Spread ice cream over chilled mixture. Drizzle with chocolate syrup and pecans. Freeze, take out 15 minutes before serving and cut into squares. Top with cherry.

BANANA PINEAPPLE DESSERT

Joanne Hebert

1½ cup graham cracker crumbs
¼ cup sugar
⅓ cup melted oleo
3 bananas
1 large pkg. sugar free Jell-O vanilla pudding
3½ cups milk
1 (20oz.) can sugar free pineapple
Cool Whip
8 oz. cream cheese

Combine cracker crumbs, oleo and sugar and pack in the bottom of a 9x13 inch pan. Put in freezer. Place bananas, sliced lengthwise, on top of crumbs. Mix milk and pudding. Mix 1 (8oz) package of Philadelphia cream cheese. Fold into pudding. Blend with mixer until mixed well. Layer with drained pineapple. Cover with Cool Whip.

CHOCOLATE-COVERED "GOODIES"

Twila Presley

2 boxes (1 lb. each) Confectioner's Sugar
1 can Eagle brand milk
1 stick of margarine or butter
1 Tbsp. vanilla extract
4 cups chopped nuts or any dried fruit, flaked coconut or raisins
1 box (¼ lb.) Paraffin
12 oz. package of chocolate chips

Combine confectioner's sugar, eagle brand milk, margarine and vanilla and mix well. Add the nuts (or any of the other suggested ingredients) mixing well. Work the above mixture and shape into small balls
(about 1"). Place on wax paper. In a double boiler, melt paraffin and chocolate chips. Mix well. Using a toothpick, dip balls into paraffin and chocolate syrup and place onto sheets of wax paper.

PINEAPPLE CHEESECAKE SQUARES

Elizabeth Rickman

"Pat-in-the-pan Crust" (below)
2 (8oz) pkg. cream cheese, softened
⅔ cup unsweetened pineapple juice
¼ cup all purpose flour
½ cup sugar
2 eggs, beaten
¼ cup sugar
1 (20oz) crushed pineapple, well drained, reserve 1 cup juice
½ cup whipping cream*

Heat oven to 350°. Bake crust. Beat cream cheese in medium bowl until fluffy; beat in ½ cup sugar and the eggs. Stir in ⅔ cup pineapple juice. Pour over hot crust. Bake just until center is set, about 20 minutes. Cool completely. Mix flour and ¼ cup sugar in medium sauce pan. Stir in 1 cup reserved pineapple juice. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minutes. Remove from heat; fold in pineapple. Fold whipped cream or whipped topping into pineapple mixture. Spread over cooled dessert. Cover lightly and refrigerate until firm, about 4 hours. Cut into squares and serve. *2 cups whipped topping may be used instead.

Pat-in-the-Pan Crust:
2 cups all purpose flour
⅔ cup butter or margarine, softened
½ cup almonds, finely chopped
½ cup powdered sugar

Mix all ingredients in medium bowl until crumbly. Press firmly and evenly in the bottom of an ungreased 9x13" pan. Bake until set, 15 to 20 minutes.

FOUR LAYER DELIGHT

Anita Barnes

1st Layer:
1 cup flour
1 stick oleo
½ cup chopped pecans

Melt oleo in 9x13" Pyrex dish. Work flour and nuts into melted oleo, and spread thinly in dish. Bake 375° for 15 minutes. Let cool.

2nd Layer:
1 cup powdered sugar
1 cup Cool Whip
1 (8oz) pkg. cream cheese
1 tsp. vanilla (optional)

Beat cream cheese and powdered sugar until smooth. Add other ingredients and spread over cool crust.

3rd Layer:
2 small boxes instant chocolate pudding mix
2 cups milk
½ tsp. almond flavoring (optional)
3 Tbsp. powdered sugar
1 cup Cool Whip
½ tsp. vanilla

Mix well and spread on top of second layer.

4th Layer:
Cool Whip on top of 3rd layer and sprinkle with toasted nuts. Freeze.

ICE CREAM SANDWICH

Anita Barnes

½ cup corn syrup
½ cup peanut butter
4 cups Kellogg's Rice Krispies
1 pint brick (choose your own flavor) ice cream

Mix corn syrup thoroughly with peanut putter. Add Rice Krispies and stir until well coated. Press mixture firmly into bottom of buttered 13x9" pan. Place in freezer (or coldest part of refrigerator) until firm.
Cut into 12 squares (3 inch) and place a slice of ice cream between two squares. (Each square may be divided into two bars.)
Wrap individually in aluminum foil and store in freezer until needed. Yield 12, 3"x1½" sandwiches, or 6, 3" ones.

STRAWBERRY PIZZA

Anita Barnes

Crust:
1 stick melted oleo ¼ cup powdered sugar
1 cup flour
Cream and spread thin on pizza pan. Bake at 350° for 10 minutes. Cool.

Filling:
1 can Eagle Brand milk 1 (8oz) pkg. cream cheese
⅓ cup lemon juice 1 Tbsp. vanilla
Cream and spread on crust

Topping:
2 pkgs. frozen strawberries with juice
4 Tbsp. cornstarch
Cook until thick and spread on filling. Top with whipped cream. Refrigerate.

FRUIT PIZZA

Cassie Payne

Crust:

Sugar cookie dough from refrigerator section of store

Filling:

8 oz. cream cheese
½ cup sugar
1 carton Cool Whip
1 tsp. vanilla

Mix together and spread on cooled crust and refrigerate.

Fruit:

Strawberries
Canned Peaches
Kiwi

Glaze:

½ cup juice from canned peaches
2 Tsp. lemon juice
⅓ cup sugar
1 Tbsp. cornstarch
¼ cup water

Place all ingredients in a saucepan & cook over medium heat until clear & bubbly. Let cool slightly then drizzle over fruit. Serves 12.

MOTHER'S BROWNIES

Twila Presley

2 sticks oleo
½ cup cocoa
1½ cups flour
½ tsp. salt
2 cups sugar
4 whole eggs
3 tsp. vanilla
1½ cups chopped nuts

Preheat oven to 325°. Melt the oleo and mix with sugar and cocoa. Add the rest of the ingredients, finally stirring in chopped nuts. Pour into a 9 x 13" pan that has been greased and floured. Bake 30-35 minutes.

GERMAN CHOCOLATE CARAMEL BROWNIES

Katie Warren

1 box German Chocolate cake mix
½ cup margarine, melted
6 oz. chocolate chips
1 can Pet milk
1 pkg. caramels

Mix ⅓ cup milk, cake mix & margarine and spread ½ mixture into a greased 9x13 pan. Bake at 350° for 6 minutes. Pour chocolate chips over brownies. Melt together ⅓ cup Pet milk and caramels and pour over chocolate chips. Top with remaining cake mix and bake at 350° for 20 minutes.

MIMI'S BLUEBERRY CRUNCH

Katie Warren

1 large can crushed pineapples
3 cups fresh or frozen blueberries
¼ lb. melted margarine
¾ cup sugar, divided
1 box yellow cake mix
1 cup chopped pecans

Grease a 9x13 pan - spread undrained pineapple over bottom. Add a layer of blueberries and sugar. Sprinkle cake mix on top, drizzle margarine on top. Then pecans and sugar. Bake at 350° for 35-40 minutes. After cake has baked for 25 minutes, take a spoon and cut down through to bottom of pan in many places - finish baking. Wonderful served with ice-cream or Cool Whip.

PUMPKIN SQUARES

Katie Warren

1 pkg. yellow cake mix
3 eggs
⅔ cup milk
1½ tsp. cinnamon
¼ tsp. allspice
½ tsp. ginger
1½ sticks margarine
1 lb. can of pumpkin
¼ cup sugar
½ cup brown sugar
1 tsp. salt

Reserve 1 cup of cake mix for topping. In bowl, put remaining cake mix, 1 stick melted butter and 1 egg. Spread in a greased pan. Combine pumpkin, brown sugar, 1½ tsp. cinnamon,

allspice, eggs, salt, ginger and milk. Smooth on cake mix in pan. Combine the remaining cup of cake mix, ¼ cup sugar, 1 tsp. cinnamon & ¼ cup oleo (cut in with a pastry blender) and sprinkle on top. Bake at 350° for 45 minutes. Serve with Cool Whip.

VANILLA ICE CREAM

May Jane Gray

14 eggs
1½ tsp. vanilla
2 cups sugar
2 cans Eagle Brand milk
2 cups Carnation milk
Milk

Beat eggs well and add other ingredients. (Use enough milk to finish filling container.) Freeze. This makes 1½ gallons.

APPLE CRISP

Anita Barnes

4 cups tart apples, pared & sliced
¼ cup brown sugar, packed
¼ cup whole wheat flour
½ tsp. ground cinnamon
Margarine
¼ cup old-fashioned rolled oats
¼ cup water
1 Tbsp. lemon juice
¼ tsp. ground nutmeg
3 Tbsp. vegetable

Place apples in 8x8x2 inch baking pan. Mix water and lemon juice, pour over apples. Mix sugar, flour, oats, and spices. Add margarine to dry mixture; mix until crumbly. Sprinkle crumbly mixture evenly over apples. Bake at 350° until apples are tender and topping is lightly browned, about 40 minutes.

PISTACHIO PUDDING

Glynda Warren

1 (4oz.) box pistachio pudding
1⅓ cup coconut
1 (8½ oz.) can crushed pineapple, not drained
2 cups sour cream

Combine pudding mix in sour cream. Add remaining ingredients. Chll for 3 hours.

REESE'S PEANUT BUTTER COOKIES

Katie Warren

1 pkg. peanut butter cookie dough
1 bag miniature Reese's Peanut Butter cups

Divide cookie dough into 9 equal slices. Cut each slice into four sections and roll each section into a ball. Place each ball into a miniature muffin tin (sprayed with Pam) and cook at 350° (325° if using a dark colored pan) for 10 minutes. Once out of oven, immediately place a peanut butter cup into the center of each cookie. Let cool in pan before removing. Makes 36 cookies.

CHEESE CRUNCHERS

1 (6oz.) pkg. Nestle butterscotch morsels
3 Tbsp. butter
1 cup graham cracker crumbs
1 cup chopped nuts
1 (8oz.) pkg. cream cheese, softened
¼ cup sugar
2 eggs
2 Tbsp. flour
1 Tbsp. lemon juice

Preheat oven to 350°. Combine over hot (not boiling) water the butterscotch morsels and butter. Heat until melted and smooth. Stir in graham cracker crumbs and topping. Press remainder of mixture into a 9 inch square baking pan. Bake at 350° for 12 minutes. In large bowl, combine cream cheese and sugar; beat until creamy. Add eggs, one at a time, beating well after each. Blend in flour and lemon juice. Pour evenly over hot baked crust. Sprinkle top with reserved crumb mixture. Bake at 350° for 25 minutes. Cool completely. Cut into bars. Cool leftovers. You can double all ingredients and use a 9x13 inch pan. Baking time is the same.

SUGARED GOLDEN PUFFS

2 cups flour
¼ cup sugar
3 tsp. baking powder
¾ cup milk
1 tsp. salt
1 tsp. nutmeg or mace
¼ cup oil
1 eggs

Sift together the flour, sugar, baking powder, salt and nutmeg (or mace). Add and mix the oil, milk and egg. Drop in hot oil by ½ teaspoonfuls. Drain; coat with sugar.

Miscellaneous

PEANUT BUTTER BALLS

Karen Lantrip

1 box powdered sugar
1 stick melted margarine
2 cups peanut butter

Mix all ingredients and form into little balls. Melt 1 bar paraffin wax with 12 oz. chocolate over very low heat. Stick toothpicks into balls and dip into chocolate and set on wax paper.

PARTY MINTS

Twila Presley

1 lb. confectioner's sugar
1 egg white
1 Tbsp. Crisco & 1 Tbsp. cream
or
2 Tbsp. butter
½ tsp. peppermint or wintergreen extract
Add food coloring if you desire.

Cream together egg, (shortening & cream) or butter, and extract. Gradually work in the confectioner's sugar. This will take some time to work together.
Form into 1" balls and press out on waxed paper, making imprints with a fork that has been dipped in confectioner's sugar. Put into a cool place or freeze if not needed for a few weeks. Makes about 60 mints.

HUMBUG HASH

Sue Riley

12 large marshmallows
2 large Hershey bars
1 cup nuts

Line 9 in pan with wax paper. Melt chocolate. Cut up marshmallows in pieces. Pour ½ chocolate in pan. Sprinkle nuts and mallows over. Cover with remaining chocolate.

NESTLE CRUNCHY FUDGE SANDWICHES

1 (6oz.) pkg. Nestle butterscotch chips
½ cup peanut butter
1 (6 oz.) pkg. chocolate chips
4 cups Rice Krispies
2 measuring Tbsp. butter
½ cup sugar
1 Tbsp. water

Melt butterscotch chips and peanut butter in double boiler. Stir in cereal. Press ½ mixture in an 8 inch buttered dish. Chill. Heat chocolate, sugar, butter, and water in double boiler. Spread over cereal. Put remaining cereal on top. Press gently. Chill 1 hour. Makes 25 (1½ inch) squares.

PEANUT BRITTLE

1 cup water
1 tsp. vanilla
3 cups white sugar
2 Tbsp. oleo
1 cup white syrup
¼ tsp. salt
1 pkg. raw Spanish peanuts
1 Tbsp. soda

Cook water, syrup, and sugar to 270°. Add raw peanuts and cook to 315°. Stir constantly so peanuts won't burn. Remove from heat and add vanilla and butter. Stir until butter is melted; add salt and soda. Stir briskly until peak of foaming is reached. Pour quickly into large, buttered pans; let cool. Break into pieces. Store in airtight containers in a cook, dry place.

PEANUT BRITTLE

Mary Jane Gray

3 cups sugar
1 square inch paraffin wax
1 quart raw peanuts
¾ cup boiling water
1 cup Karo
3 tsp. soda

Mix sugar, Karo and water. Cook until it spins a thread. Add peanuts and stir constantly until peanuts are cooked. Add paraffin and when it melts, add soda and stir a few minutes. Pour on greased platter or baking sheet.

FIDDLE FADDLE

Becky Payne

2 gallons popped corn
½ cup white Karo
½ tsp. salt
1 tsp. soda
2 cups brown sugar, packed
1½ stick butter
1 tsp. vanilla

Preheat oven to 250°. Cook brown sugar, Karo and butter in a skillet until a hard boil stage - about 5 minutes. Then add and stir well, salt, vanilla, and lastly soda. Pour over popcorn in large roster pan using wooden spoon to stir up and mix well. Cook in oven for 1 hour, stirring every 15 minutes. After taking out of oven, stir until cool and store in Tupperware. Will keep for a long time.

CARAMEL CORN

Karen Lantrip

1 cup margarine
½ cup light corn syrup
1 tsp. vanilla
2 cups brown ugar, packed
1 tsp. soda
6-8 quarts popped corn (4 bags of microwave popcorn)

Melt margarine in a large sauce pan. Stir in brown sugar, corn syrup and salt. Bring to a boil, stirring constantly. Boil without stirring for 5 minutes. Remove from heat; add soda and vanilla. Gradually pour over popped corn in a large roasting pan, mixing thoroughly. Bake in 250° oven for 1 hour, stirring every 15 minutes. Remove from oven and cool completely. Break apart and store in tightly covered container. Makes 5 quarts. Peanuts may be added before coating with syrup.

CHOCOLATE DIPPED HORNS

Katie Warren

¼ cup creamy peanut butter
2 cups corn snacks (Bugles)
3 (2oz.) squares chocolate flavored candy coating, melted

Spoon peanut butter into a small plastic bag; snip a small hole in corner of bag. Squeeze a small amount of peanut butter in each corn snack; dip each into chocolate coating and place on wax paper to dry. Store chocolate covered snacks in an airtight container. Yield: about 3½ dozen.

BUTTERMILK FUDGE

Mary Jane Gray

1 tsp. vanilla
1 tsp. soda
1⅔ cup sugar
5 Tbsp. Karo syrup
1 cup buttermilk
1 cup chopped nuts
1 stick butter

Cook at low temperature until it forms a soft ball. Add vanilla and nuts. Beat until hard and drop on wax paper.

NO-COOK CHOCOLATE FUDGE

Mary Jane Gray

1 (3oz.) pkg. cream cheese
1 cup chopped nuts
2 Tbsp. cocoa
2 cups confectioners sugar
1 tsp. vanilla
Dash of salt

Cream cheese with mixer. Add powdered sugar gradually. Mix with cocoa, add vanilla and salt. Mix thoroughly. Add nuts raisins or coconut). Drop on wax paper.

CRACKER JACK SQUARES

Tammy Davis

24 white saltine crackers
⅔ cup milk
2 cup sugar
½ cup peanut butter

Crush crackers between wax paper and set aside. Stir sugar into milk and heat to boiling. Continue boiling for a full 5 minutes. Remove from heat and add peanut butter and crackers. Mix well and put in a greased pan.

ANGEL BITES

Debbie Sykes

2 cups Rice Krispies
2 cups Captain Crunch Peanut Butter Cereal
2 cups dry roasted peanuts
2 cup miniature marshmallows
1 pkg. (24oz.) white almond bark

Mix cereal, peanuts and marshmallows in large bowl. Melt almond bark in double boiler. Pour melted almond bark over dry ingredients and stir to coat everything. Drop by spoonful onto waxed paper. Store in airtight container. Makes 110-120 pieces of candy.

MINTED WALNUTS

Twila Presley

¼ cup Light syrup
½ cup water
10 large marshmallows
1 cup sugar
1 tsp. peppermint extract
3 cups walnut halves

Cook syrup, sugar and water over medium heat until mixture forms a soft ball (238°) when tested in very cold water. Remove from heat.
Add peppermint extract and marshmallows and stir until dissolved. Add walnut halves, stir until well coated. Pour onto wax paper. Separate with a fork while still warm. Makes about 1¼ pounds.

TOASTED NUTS

Twila Presley

1 cup sugar
½ tsp. cinnamon
1½ tsp. vanilla
¼ cup water
½ tsp. salt
2½ cups nuts

Cook sugar, water, cinnamon and salt until a soft ball (236°) can be formed in very cold water.
Remove from heat and add vanilla and nuts. Stirring gently until mixture is creamy. Turn onto a greased cookie sheet and separate as cooling.

PARTY MIX

2 cups Rice Chex
2 cups Wheat Chex
1 small box pretzels
3-4 Tbsp. Worcestershire sauce
5-6 drops Tabasco sauce
3 tsp. onion powder
2 cups Corn Chex
2 cups Cheerios or Kix
1 small jar mixed nuts
2 cubes oleo
3 tsp. garlic powder
Salt

Melt oleo, Worcestershire sauce, Tabasco sauce, garlic powder, onion powder all together. Place the Chex, Cheerios, pretzels, and nuts together in a very large roaster pan. Pour the oleo over the dry mixture; stir carefully and salt to taste. Place in 250° oven and bake for 1 to 1½ hours, stirring every 10 to 15 minutes. Be sure to stir because it burns easily. When taken out of oven, place on absorbent paper and cool. Store in an airtight container.

HERBED CRACKERS

Becky Payne

16 oz. oyster crackers
1 tsp. garlic powder
¼ - ⅓ cup oil
1 tsp. dill
1 pkg. dry Ranch Dressing

Dump everything together & mix. Great snack!

HOMEMADE GRANOLA

Cassie Payne

6 cups oatmeal
1 cup wheat germ
1 cup honey
1 Tbsp. cinnamon
1 tsp. salt
1 cup coconut
1 cup All-bran
⅔ cup oil
1 tsp. vanilla

Heat the oatmeal, coconut, wheat germ and All-bran at 350° for 10 minutes. Pour honey, oil, cinnamon, vanilla and salt over the above. Bake 30 minutes, stirring every 10-15 minutes. When it cools, add raisin or dates. Great cereal.

LEMON BARBECUE SAUCE (FOR GRILLED CHICKEN)

Gaylene Zellmer

2 cloves garlic chopped and mashed with 1 tsp. salt
¼ cup salad oil
1 stick butter melted
½ tsp. pepper
½ tsp. thyme
½ cup lemon juice
2-3 tablespoon minced onion

Mix all ingredients and baste chicken halves during grilling.

HONEY MUSTARD DRESSING

Joan Barnes

½ cup plain nonfat yogurt
1 Tbsp. + 1 tsp. prepared mustard
1 Tbsp. + 1 tsp. honey
1 Tbsp. chopped fresh dill
2 tsp. white wine vinegar
½ tsp. granulated sugar
⅛ tsp. white pepper

1. In small bowl with tight-fitting cover, combine yogurt, mustard, honey, dill, vinegar, sugar and white pepper; stir to mix well.
2. Refrigerate, covered, 2-3 hours before serving.

BROCCOLI CHEESE SAUCE

Francis Walker

1 can (10¾ oz.) Campbell's condensed broccoli cheese soup
⅓ cup milk

Combine soup & milk. Over medium heat, heat until hot and bubbling, stirring occasionally. Makes 1½ cups.

FRUIT POPS

1 cup bananas (about 2 medium)
10 oz. frozen berries
1¾ cup crushed pineapple with juice
⅔ cup evaporated milk

Put all together in blender and mix well. Pour into 5 oz. paper cups and place a stick in each cup and freeze.

FRUIT DIP

Vivian Arnett

1 carton pineapple yogurt
1 carton Cool Whip (same amount)

Mix together and serve with fresh fruit.

FRUIT DIP

Cassie Dobbs

1 small jar marshmallow cream
1 (8oz.) pkg. cream cheese

Cream together. Serve with fruit.

SAUERKRAUT RELISH

Twila Presley

1 cup chopped onion
1 cup chopped green pepper
1½ cup sugar
1 large #2 can Sauerkraut, drained
1 cup chopped celery
1 cup diced pimento
⅓ cup white vinegar

Mix all ingredients together and place in a sealed bowl. Refrigerate overnight.

Helps & Hints

MISCELLANEOUS HELPFUL HINTS

- ☺ Fudge won't "sugar" if you add a dash of cream of tartar.

- ☺ Soften "hard as a rock" brown sugar by placing a slice of soft t bread or ½ an apple in the package and closing tightly. In a couple of hours the brown sugar will be soft again.

- ☺ Too much sugar in a recipe? Add a few drops of lemon juice or vinegar.

- ☺ To keep granulated sugar from lumping, place a couple of salt crackers in container and cover tightly.

- ☺ Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

- ☺ Pork chops which are light in color are corn fed.

- ☺ If you rub the skin of a chicken with mayonnaise before baking, the skin will get crisp and brown.

- ☺ Bacon will lie flat in the pan if you brick it thoroughly with a fork as it fries.

- ☺ For soup and stew that is too salty, add a raw potato and discard after cooking. The potato absorbs the salt.

- ☺ For crunchy cole slaw, cut cabbage in half and soak in salted water for an hour. Drain well, then proceed with recipe.

- ☺ Next time you are cooking cabbages put a heel of bread on top of cabbage before putting the lid on the pot. There will be no odor. The bread has no effect on the cabbage and should be removed after cooking. Works for broccoli and brussel sprouts, too.

- ☺ Remember to remove the tops of carrots before storing. Tops drain the carrots of moisture, making them limp and dry.

- ☺ A squirt of lemon in the water when cooking cauliflower will keep the cauliflower from discoloring.

☺ Vinegar brought to a boil in a new frying pan will prevent food from sticking.

☺ When frying, turn a metal colander upside down over the skillet. This allows steam to escape, but keeps the fat from splattering.

☺ Ways to glaze bread before baking are: for a dark, shiny glaze, brush on 1 beaten egg yolk. For a light shiny glaze, beat the whole egg or brush on melted butter or margarine. For shine with no color, brush on 1 egg white beaten with 1 Tbsp. water.

☺ If you roll out dough between 2 sheets of waxed paper, sprinkle some water under the bottom sheet and it won't skit away.

☺ Dip spoon in hot water before measuring lard, butter, etc. It will slip off the spoon more easily.

☺ Put flour in a large salt shaker and use for dusting cake pans, etc. It is less messy and doesn't waste flour.

☺ To remove ink stains from clothing, use hair spray.

☺ To keep egg yolks from crumbling when slicing hard cooked eggs, wet the knife before each cut.

☺ Store carton of cottage cheese upside down. It will keep twice as long.

☺ Place a folded, damp towel under the bowl and it won't slip and slide while mixing.

☺ If a dull-finish aluminum loaf pan is used it will brown the sides of the bread better.

☺ To get a dull finish on a new pan, it can be baked empty in a 350 degree oven.

☺ Let baked bread cool on a wire rack so the bottom won't be soggy.

☺ Using lard instead of shortening will yield a much flakier crust,.

- ☺ When food is too salty, add a cut raw potato, then discard the potato once it is boiled.

- ☺ If the dish is too sweet, add salt. On a main dish, you can add a tsp. of vinegar.

- ☺ If the food is too sharp, a tsp. of sugar will soften the taste.

- ☺ To prevent your salt shaker from clogging up, keep a few grains of rice inside the shaker.

- ☺ You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do.

- ☺ To cut down on cholesterol, substitute two egg whites stiffly beaten for each whole egg called for.

- ☺ If eggs are beaten and added slowly to batter it won't make the batter too stiff.

- ☺ An excellent thickener for soups is a little oatmeal. It will add flavor and richness to almost an soup.,

- ☺ Give mashed potatoes a beautiful whipped cream look by adding hot milk to them before you start mashing.

- ☺ Don't add sugar to stewed fruits until they have boiled for 10 minutes. They need less sugar then.

- ☺ Add a teaspoon of lemon juice to each quart of water used to cook rice. The grains will stay white and separated.

- ☺ Potatoes will take on a golden taste and appearance if sprinkled lightly with flour before frying.

- ☺ Lettuce won't "rust" in the refrigerator if it is wrapped in paper toweling.

- ☺ Dripping faucets can be quieted by tying a string to it that reaches into the sink. The water will slide down the string quietly.

- Try loosening rusty screws by putting a drop or two of ammonia on it.

- Rusty bolts can be usually loosened by pouring club soda on them.

- If zipper stick, just run some bar soap over the zipper and the zipper will work fine.

MICROWAVE TIPS

- Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.

- Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.

- One stick of butter or margarine will soften in 1 minutes when microwaved at 20% power.

- Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.

- Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.

- Thaw whipped topping..a 4½ ounce carton will thaw in 1 minutes on the defrost setting. Whipped topping should be slightly firm in the center but will blend well when stirred. Do not overthaw!

- Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.

- Dissolve gelatine in the microwave. Measure liquid in a measuring cup, add Jell-O and heat. There will be less stirring to dissolve the gelatin.

- ☺ Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.

- ☺ To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.

- ☺ To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.

- ☺ Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.

- ☺ Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave a few seconds longer.

- ☺ Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nuts meat will slip out whole after cracking the shell.

- ☺ When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.

- ☺ To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.

- ☺ Cubed meat and chopped vegetables will cook more evenly if cut uniformly.

- ☺ When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.

- Since cakes and quick breads rise higher in a microwave oven, fill pans just half of full batter.

- For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.

- Using a round dish instead of a square one eliminates overcooked corners in baking cakes.

- When preparing chicken in a dish, place meaty pieces around the edges and bony pieces in the center of the dish.

- Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as a mold.

- Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.

- A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.

- Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.

- Heat left-over custard and use it as frosting for a cake.

- Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 30-45 seconds on high. Stir to blend.

- Toast coconut in the microwave. Watch closely as it brown quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.

COOKING TERMS

BASTE - To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

BEAT - To make mixture smoothly by adding air with a brisk whipping or stirring motion using spoon or electric mixer.

BLEND - To thoroughly mix two or more ingredients until smooth and uniform.

BOIL - To cook in liquid at boiling temperature (212 degrees at sea level) where bubbles rise to the surface and break. For a full rolling boil, bubbles form rapidly throughout the mixture.

CANDIED - To cook in sugar or syrup when applied to sweet potatoes and carrots. For fruit or fruit peel, to cook in heavy syrup till transparent and well coated.

CHILL - To place in refrigerator to reduce temperature.

CHOP - To cut in pieces about the size of peas with knife, chopper, or blender.

COOL - To remove from heat and let stand at room temperature,

CREAM - To beat with spoon or electric mixer till mixture is soft and smooth. when applied to blending shortening and sugar, mixture is beaten till light and fluffy,.

CUT IN - To mix shortening with dry ingredients using pastry blender or knives.

DICE - To cut food in small cubes of uniform size and shape,.

DISSOLVE - To disperse a dry substance in a liquid to form a solution.

GLAZE - A mixture applied to food which hardens or becomes firm and adds flavor and a glossy appearance.

GRATE - To rub on a grater that separates the food into very fine particles.

MARINATE - To allow food to stand in a liquid to tenderize or to add flavor.

MINCE - To cut or finely chop food into very small pieces.

MIX - To combine ingredients, usually by stirring, till evenly distributed.

POACH - To cook in hot liquid, being careful that food holds its shape while cooking.

PRECOOK - To cook food partially or completely before final cooking or reheating.

ROAST - To cook uncovered without water added, usually in an oven.

SAUTÉ - To brown or cook in a small amount of hot shortening.

SCALD - To bring a temperature just below the boiling point where tiny bubbles form at the edge of the pan.

SCALLOP - To bake food, usually in a casserole, with sauce or other liquid. Crumbs are often sprinkled atop.

STEAM - To cook in steam with or without pressure. A small amount of boiling water is used, more water being added during steaming process if necessary.

STIR - To mix ingredients with a circular motion until well blended or of uniform consistency.

TOSS - To mix ingredients lightly.

TRUSS - To secure fowl or other meat with skewers to hold its shape during cooking.

WHIP - To beat rapidly to incorporate air and produce expansion, as in heavy creme or egg whites.

HANDY SPICE REFERENCE

ALLSPICE - a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL - the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES - the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous flora spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY - the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER - a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL - the small, dark seed of the dill plan grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE - the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM - an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE) - is a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO - a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA - a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY - the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY - an herb (like a curved pine needle) grown in France, Spain and Portugal, and having a sweet, fresh taste. USES: In lamb dishes, soups, stews and to sprinkle on beef before roasting.

SAGE - the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME - the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC - a root of the ginger family, grown in India, Haiti, Jamaica and Peru having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square **chocolate** (1 oz.) = 3 or 4 Tbsp. cocoal plus ½ Tbsp. fat

1 Tbsp. **cornstarch** (for thickening) = 2 Tbsp. flour

1 cup sifted **all-purpose flour** = 1 cup plus 2 Tbsp. sifted cake flour

1 cup sifted **cake flour** = 1 cup minus 2 Tbsp. sifted all-purpose flour

1 tsp. **baking powder** = ¼ tsp. baking soda plus ½ tsp. cream of tartar

1 cup **sour milk** = 1 cup sweet milk into which 1 Tbsp. vinegar or lemon juice has been stirred

1 cup **sweet milk** = 1 cup sour milk or buttermilk plus ½ tsp. baking soda

¾ cup **cracker crumbs** = 1 cup bread crumbs

1 cup **cream, sour, heavy** = ⅓ cup butter and ⅔ cup milk in any sour milk recipe

1 tsp. **dried herbs** = 1 Tbsp. fresh herbs

1 cup **whole milk** = ½ cup evaporated milk and ½ cup water

2 oz. **compressed yeast** = 3 (¼ oz.) packets of dry yeast

1 Tbsp. **instanat minced onion**, rehydrated = 1 small fresh onion

1 Tbsp. **prepared mustard** = 1 tsp. dry mustard

⅛ tsp. **garlic powder** = 1 small pressed clove of garlic

1 lb. **whole dates** = 1½ cups, pitted and cut

3 medium **bananas** = 1 cup mashed

3 cups **dry corn flakes** = 1 cup crushed

10 **miniature marshmallows** = 1 large marshmallow

1 whole **egg** = 2 egg yolks

1 slice **bread** = ¾ cup soft crumbs

3-4 slices **bread** = 1 cup dry crumbs

1 cup **rice** = 3½ cups cooked

1 cup **rice precooked** = 2 cups cooked

EQUIVALENTS

3 tsp.	1 Tbsp.
2 Tbsp.	⅛ cup
4 Tbsp.	¼ cup
8 Tbsp.	½ cup
12 Tbsp.	¾ cup
16 Tbsp.	1 cup
5 Tbsp. + 1 tsp.	⅓ cup
1 cup	8 oz. = ½ pt.
2 cups	1 pint = 1 lb.
4 cups	1 quart
1 quart	2 lbs.
2 quarts	½ gallon
4 quarts	1 gallon
16 oz.	1 lb.
32 oz.	1 qt.
8 oz. liquid	1 cup
1 oz. liquid	2 Tbsp.
Dash	Less than ⅛ tsp.
Pinch	Less than ¼ tsp.
4 oz.	½ cup
8 oz.	1 cup
1 oz.	2 Tbsp. fat or liquid
2 cup	1 pt.
2 pt.	1 qt.
8 to 10 egg whites	1 cup
12 to 14 egg yolks	1 cup
1 cup unwhipped cream	2 cups whipped
1 lemon	3 Tbsp. juice
1 orange	⅓ cup juice
2 cups fat	1 lb.
1 lb. butter	2 cup or 4 sticks
2 cups granulated sugar	1 lb.
4 bread slices	1 cup crumbs
14 square graham crackers	1 cup crumbs
22 vanilla waters	1 cup crumbs

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour at ½ teaspoon of candy into the cold water. Picke the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on remove from the water.

In the LIGHT CRACK TEST the candy will form brittl ethreads which will soften on removal from water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

CONTENTS OF CANS

Size:	Average Contents
8 oz.	1 cup
Picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 ro 13 cups

GENERAL OVEN CHART

Very slow oven	250° to 300° F.
Slow oven	300° to 325° F.
Moderate oven	325° to 375° F.
Medium hot oven	375° to 400° F.
Hot oven	400° to 450° F.
Very hot oven	450° to 500° F.

RECIPE FOR A HAPPY LIFE

Take a large quantity of cheerfulness and let it simmer without stopping. Put with it a basin of kindness and a full measure of thought for others. Mix into these sympathy and charity. Stir well together and carefully strain off any grains of selfishness. Let the whole be serve with love and the fruit of the Spirit.

RECIPE FOR A HAPPY HOME

Begin with a full cup of friendship. Add 2 cups of thoughtfulness.
Cream with a pinch of gentleness and a dash of powdered kindness.
Beat well with a level spoon of hope, a big helping of work, lots of temperance and a sprinkling of humility. You'll need one tablespoon of problems for strength.
Blend gently with love in a bowl of loyalty, slowly adding one cup of faith, two cups of good sense, and several drops of rightfulness. Add three heaping spoons of laughter, one spoon of play, and a dash of praise.
Season with gratitude and stir constantly with enthusiasm.
This recipe gets better with age, but should be served often.

PRAYER

Thank God for Dirty Dishes.
They have a tale to tell,
while other folks go hungry,
We're eating very well.
With Home and Health and Happiness,
We shouldn't want to fuss.
For by this stack of evidence,
God's very good to us.

RULES FOR A HAPPY MARRIAGE

1. Never be angry at the same time.
2. Never yell at each other unless the house is on fire.
3. If one of you has to win an argument, let it be the other.
4. If you have to criticize, do it lovingly.
5. Never bring up mistakes of the past.
6. Neglect the whole world rather than each other.
7. Never got to sleep with an argument unsettled.
8. At least once every day, try to say one kind or complimentary thing to your partner.
9. When you have done something wrong, be ready to admit it and ask for forgiveness.,
10. It takes two to make a quarrel, and the one in the wrong is the one who does the most talking.,

FOOD QUANTITIES FOR 25, 50 AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	5 to 6 cups
Mixed Filling for Sandwiches	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Jams & Preserves	1½ pounds	3 pounds	6 pounds
Crackers	1½ pounds	3 pounds	6 pounds
Cheese	3 pounds	6 pounds	12 pounds
Soup	1½ gallons	3 gallons	6 gallons
Salad Dressing	1 pint	2½ pints	½ gallon
Meat, Poultry or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey/chicken	13 pounds	25 - 35 pounds	50 - 75 pounds
Fish (whole)	13 pounds	25 pounds	50 pounds
Fish (fillets)	7½ pounds	15 pounds	30 pounds
Salads, Veggies Casserole,			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Potatoes, mash	9 pounds	18 - 20 pounds	25 - 35 pounds
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Canned Veggie	1 #10 can	2½ # 10 cans	4 #10 cans
Fresh Veggies:			
Letttuce (salad)	4 heads	8 heads	15 heads
Carrots	6¼ pounds	12½ pounds	25 pounds
Tomatoes	3 - 5 pounds	7 - 10 pounds	14 - 20 pounds

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Fruit cup	3 quarts	6 quarts	12 quarts
Cake	1 10x13" sheet cake	1 12x20 " sheet cake	2 12x 20 " sheet cake
Whipped cream	¾ pint	1½ - 2 pints	3 pints
Ice Cream:			
Ice cream brick	3¼ quarts	6½ quarts	12½ quarts
Ice cream bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ lb. & 1½ gallons water	1 lb. & 3 gallons water	2 lbs. & 6 gallons water
Tea	1/12 lb. & 1½ gallons water	1/6 lb. 7 3 gallons water	⅓ lb. & 6 gallons water
Lemonade	10-15 lemons, 1½ gallons water	20-30 lemons, 3 gallons water	40-60 lemons, 6 gallons water

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